

Shape Your Future Healthy Coupon Book

TO

FROM

INTRO

This book is a fun way to build healthy habits with your family. When you give it as a gift, you're committing to working toward goals like:

- Swapping screen time for playtime
- Helping your kid get 60 minutes of physical activity a day (and getting your 30)
- Filling half your plates with fruits and veggies

 ShapeYourFutureOK.com



GOOD FOR ONE

**Stop, drop everything
and have a dance party!**

GOOD FOR ONE

Let's take a hike.

Physical activity helps us feel healthy and energized. Kids need 60 minutes a day, and adults need 30.

GOOD FOR ONE

**Celebrate the season
by visiting a splash pad,
pumpkin patch or corn
maze — or taking a walk
through holiday lights.**

GOOD FOR ONE

Make a healthy dessert!

Healthy dessert ideas:

- Frozen Yogurt Berry Bites
- Spiced Pumpkin Nut Bread
- 1-Ingredient Banana Ice Cream

Visit ShapeYourFutureOK.com for the recipes.

GOOD FOR ONE

**Let's have a night out
doing something active!**

Activity ideas:

- Going on a bike ride
- Walking around the mall or store
- Roller-skating at the rink

GOOD FOR ONE

Go play at a park.

Swapping screen time for playtime is a smooth move. Kids need 60 minutes a day, and adults need 30.

GOOD FOR ONE

Make a healthy breakfast — and eat it for dinner!

Healthy breakfast ideas:

- Strawberry Fruit Wrap
- Quick Breakfast Burrito
- Eggs Over Kale & Sweet Potato Grits

Visit ShapeYourFutureOK.com for the recipes.

GOOD FOR ONE

Let's stroll through the neighborhood.

Walking is a great way to get in some cardio.
Kids need 60 minutes a day, and adults
need 30.

GOOD FOR ONE

Transform the house into an obstacle course.

Swapping screen time for playtime is a
smooth move. Kids need 60 minutes a day,
and adults need 30.

GOOD FOR ONE

Let's explore the zoo or a museum!

GOOD FOR ONE

Let's make up a game together!

Game ideas:

- Play soccer with a balloon
- Limbo with a pool noodle or broom

Not feeling creative?
Find a fun workout video on YouTube!

GOOD FOR ONE

Make a healthy breakfast... and eat it in bed!

Healthy breakfast ideas:

- Whole Wheat Pumpkin Spice Pancakes
- Quick Breakfast Quesadillas
- Overnight Oats

Visit ShapeYourFutureOK.com for the recipes.

GOOD FOR ONE

Let's
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Make up your own healthy meal or activity!

GOOD FOR ONE

Let's
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Make up your own healthy meal or activity!