

## Follow these three tips to move toward a healthy family lifestyle

As we celebrate Family Health and Fitness Month in June, it is time for families to realize the importance of living a healthy lifestyle as a unit. A healthy family can only stay a happy family. If one or more members of the family develop serious medical conditions, unwanted financial and mental stress start to engulf once-a-happy family. Of course, we cannot really control the onset of medical conditions that are genetic in nature, but lifestyle diseases such as heart disease, stroke, obesity, type 2 diabetes, lung cancer, etc., can be prevented by living a healthy and active lifestyle.



In this article, we will share with you some ways that can help you and your family members live an active and healthy life together as a unit. Let's take a look at them.

### Set a time for everyone to engage in activities together

Start off by learning what each family member's daily routine is for a week. By doing this, you will be able to set a time each day for all the members to get together and engage in some physical activity. By keeping an eye on their daily routine for a week, you will also get to know whether a family member is unknowingly engaging in an unhealthy habit. Once you have set the time, we will advise families to engage in some sports or simply walk together at least three times per week. Doing this will not only improve bonding among the family members but also help everyone stay active.

### Make sure no family member skips their breakfast

We all have heard the phrase, 'never skip your breakfast.' The reason why a lot of stress is placed on breakfast out of all the meals in a day is that it sets the tone for you for the day ahead. Breakfast breaks the overnight fasting period, which is why it is called break-fast. So, make sure every member of your family has a nice, healthy breakfast no matter how late or in a hurry they are.

### Go for regular check-ups

Although health check-ups are not really needed for kids or adolescents, any family member above the age of 30 should ideally go for a total health check-up at least once or twice in a year. If you want, those who are below the age of 30 can also go for a full health check-up. As family members get older, they should increase their number of check-ups. The best thing would be for a family to set a family health check day and together go for the check-ups. Young members of the family should support their older members and celebrate with them once all the reports are clear.

Follow these tips and you and your loved ones will live a healthy and active lifestyle together. As cases of lifestyle diseases are increasing with each passing year, every family needs to spend more time engaging in physical activities and developing healthy food habits. If any member of your family is dealing with any lifestyle disease, it is important you visit a physician who will connect you to a **Holter Monitor** and send you home for 24 – 96 hours to monitor your heart at home during regular activities. When you return, they will read in your test results to see if there were any abnormalities while you were at home.

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