

10 & 10,000 CHANGE CHALLENGE

for

Families



CHALLENGE TO CHANGE



Adult and childhood obesity are on the rise leading to chronic disease risk in adulthood.

Obesity Rates Among Texans



2-5 year olds:	12.7%
6-11 year olds:	20.7%
12-19 year olds:	22.2%
Adults:	35.5%

Starting Lifestyle Change

In just a few SIMPLE steps, families can work toward healthy living and lifestyle habits with the 10 & 10,000 Change Challenge, a program designed to help Texans build positive food and activity behaviors.

- Step 1: Register for a FREE Howdy Health account -or- log in to an existing account.
- Step 2: Select the 10 & 10,000 Change Challenge program
- Step 3: Proceed through the 4, incremental stages of the program which include dietary and physical goals, with "Tip Tasks" designed to help sustain positive lifestyle changes.

FAMILIES MAKE A LARGE IMPACT

Families are greater than the sum of their parts and can profoundly impact each member through support, care, and love. Positive family attributes affect individual members, including improvements in stress, anxiety, depression, and well-being, and impact the family including satisfaction, quality of life, and well-being. Family strengths that make these outcomes possible involve commitment, communication, coping, cohesion, and competence. Families can both learn and strengthen these concepts through education and programming. It simply begins with making a healthy choice.



Parents as Influencers



Parents are the most influential people in a child's life and can teach healthy behaviors through modeling. Parental modeling occurs as children are introduced to healthy choices, observe their parents making those choices, and mimic their parents' physical activity and nutrition habits. Positive parental modeling can increase child physical activity and participation in sports, reduce sedentary time, increase consumption of fruits and vegetables, and expand the palate to enjoy new fruits and vegetables.

Family Participation



The 10 & 10,000 Change Challenge Program is designed for use by individuals who want to improve their physical activity and nutrition behaviors. Family health programming is in development but does not currently exist for the entire family; therefore, this guide will serve as a tool for adapting this program until family programming is completed.

Register at

<https://howdyhealth.tamu.edu/programs/10-10000/>

PROGRAMMATIC STAGES

Feet: Achieving a number of daily steps for 3 days

Fork: Achieving daily servings of fruit, veggies, and high fiber foods for 3 days

Focus: Completing 3 Tip Tasks to learn key strategies known to enhance behavior

Making the Program Family Friendly

Feet

- All steps should be tracked even when parents and children are not together.
 - Pedometers are a highly recommended tracking option because kids enjoy them.
- Allow a different family member to pick a place to walk when everyone is together.
- Vary walking locations and destinations to reduce monotony and increase interest.
 - Public track, park, forest, sidewalks, neighborhood, etc.
- Consider playing an age-appropriate game.
 - Scavenger hunt, I-spy, What shape is that cloud?, discuss events from the day

Fork

- Count all servings consumed together and add those consumed when apart by discussing those meals.
- Create a grocery list before grocery shopping and include fruits and vegetables the family likes.
- Take children grocery shopping and let them help collect the fruits and vegetables from the shopping list.
- Include children in meal planning and preparation. Make sure that all activities are age-appropriate.
- Try a new fruit and/or vegetable as a family
- Visit <https://dinnertonight.tamu.edu/recipes/> to prepare a tasty new recipe

Focus

- Watch/listen to all videos and complete Tip Tasks together as a family to determine how to make a healthy lifestyle easier and build confidence and skill level along the way.

STAGE 1

Feet: 3,000 steps
Fork: 3 fruits & veggies
Focus: 3 Tip Tasks



STAGE 2

Feet: 5,000 steps
Fork: 5 fruits & veggies
Focus: 3 Tip Tasks



STAGE 3

Feet: 7,500 steps
Fork: 7 fruits & veggies
Focus: 3 Tip Tasks



STAGE 4

Feet: 10,000 steps
Fork: 10 fruits & veggies
Focus: 3 Tip Tasks



NEXT STEPS AFTER COMPLETING THE PROGRAM

Completion of the 10&10,000 Change Challenge Program does not have to be the end of your healthy lifestyle behaviors.

- Continue to walk 10,000 steps and consume 10 servings of fruits and vegetables
- Sign up for, and complete other Texas A&M AgriLife Extension Programs.
 - Visit <https://fch.tamu.edu> for more programming on health including
 - Physical activity
 - Nutrition
 - Diabetes management
 - Weight control
 - Children & Families
 - Older adults & aging
 - Financial management
 - Passenger & community safety
- Child passenger safety
- Celebrate your success
 - Healthy snack/dessert, visit a state/national park, play a sport/game together



LINKS TO HELPFUL INFORMATION

- Visit <https://howdyhealth.tamu.edu/programs/10-10000> for more information, to login, or register for a Howdy Health account.
- Visit <https://agrilifeextension.tamu.edu/counties/> to connect with a County Extension Agent in your area
- Visit <https://fch.tamu.edu> for more health programming.
- Visit <https://dinnertonight.tamu.edu/recipes/> for recipe ideas.



CONTACT INFORMATION

Megan McClendon Pynckel, Ph.D.
Family Health Education Expert
P: 979-321-5337
E. megan.pynckel@ag.tamu.edu