

# 10 & 10,000

## CHANGE CHALLENGE

### FAMILY ENGAGEMENT GUIDE

## **Hello and Welcome!**

Thank you for your interest in the 10 & 10,000 Change Challenge program. While this program is designed to be completed by individuals, this guide was created to help parents or parental figures (e.g., grandparents, aunt, uncle, step-parents, foster parents, etc.) engage their families in healthy lifestyle behaviors.

## **Family Influence**

Families play a central role in shaping an individual's life, making them a key focus in efforts to enhance lifestyle behaviors. Parents can influence children in both beneficial and harmful ways.

Engaging your family throughout the length of this program can influence your children in positive ways, make the experience more enjoyable, and increase the likelihood that you will successfully complete the program.

## Program Information

The 10 & 10,000 Change Challenge program consists of 4 progressive stages that include a feet, fork, and focus challenge to help participants create physical activity and nutrition habits.

**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

## Programmatic Stages and Benefits

<b>STAGE 1</b>	Feet: 3,000 steps Fork: 3 fruits and veggies Focus: 3 Tip Tasks	.....>	Good starting point for your health journey
<b>STAGE 2</b>	Feet: 5,000 steps Fork: 5 fruits and veggies Focus: 3 Tip Tasks	.....>	Meet current national guidelines
<b>STAGE 3</b>	Feet: 7,500 steps Fork: 7 fruits and veggies Focus: 3 Tip Tasks	.....>	Reduce total cancer risk
<b>STAGE 4</b>	Feet: 10,000 steps Fork: 10 fruits and veggies Focus: 3 Tip Tasks	.....>	Reduce risk of Coronary Heart Disease Stroke Cardiovascular Disease All-cause mortality

## Programmatic Outcomes



Average Weight Loss of 6 Pounds



23.7% of participants lost at least 5% of their body weight



Increases in self-reported general health



Increases in self-reported confidence to reach step goals and confidence to increase fruit and vegetable goals

---

## Impactful Quotes on Reason for Completing Program

“So that I can live to see not only my son and daughter get married but my grandchildren also”

“I want to be able to actively participate with my family.”

“To be able to travel and do activities with my husband.”

“I want to be healthy because I am pregnant and this will help keep my child healthy, produce better habits to raise my kids on, and help me be a better and more involved parent.”

“My why is my kid. I will be the best dad on earth for her.”

# How To Join

Adults  $\geq 18$  years can create a 10 & 10,000 Change Challenge program account by visiting [HowdyHealth.tamu.edu/programs/10-10000](https://HowdyHealth.tamu.edu/programs/10-10000).

# What to Expect

## Feet

Marking successful completion of step count goals based on program stage

### Example for Stage 1

Did you complete 3,000 steps today?

## Fork

Marking consumption of beans, berries, other fruit, cruciferous veggies, greens, or other vegetables based on serving sizes chart

### Example of Serving Size

*Note: Serving size graphic included in program.*

#### Beans & Berries

Count 1 fist size as 1 serving



## Focus

Complete 3 Tip Tasks that focus on ways to overcome barriers and use facilitators to help you succeed

### Focus Tip Tasks

- Find Your Why
- Right Your Standard
- Shift the curve
- Be Diligent
- Pay Attention
- Control Your Cues
- Support Yourself
- Transcend
- Find Your Fit
- Plan Your Path
- Be Flexible
- Figure It Out

### Example for 'Paying Attention'

1. Why did you MISS your last workout?
2. What did you learn from this experience?
3. Why did you MAKE your last workout?
4. What did you learn from this experience?



# How To Make 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.
  - Examples: Public track, park, forest, sidewalks, neighborhood
- Consider playing an age-appropriate game.
  - Examples: 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.

## 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.

## How To Start

Starting new health habits can be challenging. Here are a few tips for you and your family when starting the 10 & 10,000 Change Challenge.

- 1 Start slowly by adding one more fruit or vegetable to family meals to allow each family member time to adapt to changes in routine regardless of age and ability**
- 2 Start slowly by adding one more bout of walking to allow each family member time to adapt to changes in routine regardless of age and ability**
- 3 Complete stage goals together and celebrate wins along the way**
- 4 Consider use of walking aids and gear including backpack baby carrier, bike, comfortable shoes, water, and snacks**
- 5 Maintain safety by walking in clean, low traffic areas that have lighting and slower speed limits**

## How To Track Step Counts and Nutrition

---




Logging step counts and fruit and vegetable intake can be completed through the 10&10,000 Change Challenge program account for all adults. Consider tracking your steps by carrying a cellphone that has a step tracking app, purchasing a low cost pedometer, or by purchasing a wearable fitness tracker like Apple Watch, Garmin, or Fitbit.

Consider using the following tracking sheets and serving size graphic for your children who will not have a program account.

# 10 & 10,000 “Fork” Serving Sizes

	Examples	Serving Size
<b>Beans</b>	Any bean, pea, lentils or tofu, e.g., black beans, black-eyed peas, chickpeas, edamame, English peas, kidney beans, pinto beans, snap peas, split peas	
<b>Berries</b>	Any berry, fresh or frozen e.g., black berries, blueberries, cherries, cranberries, raspberries, strawberries	
<b>Other Fruit</b>	Medium-sized whole fruit or cut-up fruit e.g., apples, avocados, banana, cantaloupe, dates, figs, grapefruit, oranges, peaches, pears	 + 
<b>Cruciferous/Greens</b>	Chopped, cut-up, or whole small pieces; raw or cooked e.g., broccoli, Brussels sprouts, cabbage, cauliflower, collared/mustard/turnip greens, kale, salad greens, spinach	
<b>Other Vegetables</b>	Chopped, cut-up, or whole small pieces; raw or cooked e.g., asparagus, beets, bell peppers, carrots, corn, mushrooms, okra, onions, white/sweet potatoes, squash, tomatoes, zucchini	

## Serving Sizes

Whole Fruit 	Count 1 whole fruit as 1 serving
Beans & Berries 	Count 1 fist size of berries or beans as 1 serving
Cut-up, Chopped 	Count 1 fist size of cut up veggies or fruit as 1 serving

# Physical Activity Tracking Sheet

Stage 1	Number of Steps
Day 1	
Day 2	
Day 3	
Stage 2	
Day 1	
Day 2	
Day 3	
Stage 3	
Day 1	
Day 2	
Day 3	
Stage 4	
Day 1	
Day 2	
Day 3	

*Note:* Consider tracking your steps by carrying a cellphone that has a step tracking app, purchasing a low cost pedometer, or by purchasing a wearable fitness tracker like Apple Watch, Garmin, or Fitbit. This table can be used by children to follow along with the stages of the program.

# Fruit, Vegetable, and Fiber Consumption Tracking Sheet

Place check marks for the fruit, vegetable, and fibrous foods you have consumed. This table can be used by children to follow along with the stages of the program.

Stage 1	Beans	Berries	Other Fruit	Cruciferous/ Greens	Other Vegetables
Day 1					
Day 2					
Day 3					
<b>Stage 2</b>					
Day 1					
Day 2					
Day 3					
<b>Stage 3</b>					
Day 1					
Day 2					
Day 3					
<b>Stage 4</b>					
Day 1					
Day 2					
Day 3					

# Additional Family Programs on Howdy Health

Engaging your family throughout the length of the program can make the experience more enjoyable and increase the likelihood that your family will successfully complete the program. The following family engagement opportunities are available at [HowdyHealth.tamu.edu](https://HowdyHealth.tamu.edu).

1

## Walk Across Texas Youth

- Register your family as a team to track step count for the adults and children in your family

2

## Get Outside! program

- Encourages families to get outside
- Includes Bingo cards with fun outdoor challenges

3

## Read family-focused SYNC Blog articles

- [Well Families Start with You](#)
- [The Importance of Walking as a Family](#)
- [How to Start Walking as a Family](#)
- [Overcoming Barriers to Walking with Your Family](#)
- [How to Make Family Walks a Habit](#)
- [Families, Health Conditions, and Walking](#)
- [Family Fitness Night](#)
- [Walking to School for Exercise](#)

# 10 & 10,000

## CHANGE CHALLENGE

### FAMILY ENGAGEMENT GUIDE