

YELED V'YALDA WIC PROGRAM



Healthy Start Families

Welcome to Healthy Start Families, part of our Healthy Start program! With Healthy Start Families Yeled v'Yalda WIC wants to encourage the whole family to make healthy lifestyle choices. Healthy lifestyle choices made by the whole family have a greater chance of being habit-forming and lifestyle-changing than those choices made by each individual family member. With Healthy Start Family we want to hear from you about some of the healthy lifestyle changes your family, as a team, have come up with and implemented into your routine.

Families are any social units living together — single women and their children, teenagers and their parents, husbands and wives. Every family that tells us about at least two of their family's nutrition and fitness healthy lifestyle changes and choices will be entered into a drawing, to be held in June 2008. Winners will receive a prize designed to help you continue on your road toward a healthier lifestyle.

Good luck and enjoy!



Name: _____ Date: _____

Telephone Number: _____

Healthy Lifestyle Choices: _____

The First Five Families to return a completed Form will receive a Free gym bag!