

Healthy and Happy Families Tips to  
get your family on the path to health  
and focus on family fun!

Top 10 Tips

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# #1 Make a few small changes every day.

Trying to cut everything out cold turkey can be difficult for many. Focus on changing a 1-2 things daily or weekly.

## #2 Make a decision to eat better as a family.

Move away from GMO and towards organic. Buy organic fruits and vegetables, grass-fed beef, organic chicken, cut out grains, dairy, white potatoes, rice, corn, and low to no sugar.

# #3 DETOX

Air

Water

Food

Medicines/Vaccines

## #4 Make a decision to exercise as a family and/or individually.

Start where you can. Swimming and walking are a good start. Try to do a little bit every day and work your way up.

## #5 Time with the family.

Do activities together as a family.  
Walking, going to amusement parks,  
hiking, going to the movies, eating at  
restaurants together.

# #6 Time for yourself.

Do what you enjoy: read a book,  
watch your shows, go on a walk,  
yoga.

#7 Time with friends.



# #8 Time with your significant other.

Use respite through regional center if your child is with regional center. Go on a date. Do things you both enjoy.

# #9 Time with your kids.

Spend time 1:1 with your kids.

# #10 Be patient.

Be patient with yourself. Be patient with your family. Change can be hard.