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Families Become Healthier (and closer) Thanks to Family Wellness Program

In January, Strong4Life launched an eight-week pilot **Children's Family Wellness Program**. The goal was to teach employees how to be positive wellness role models at home to get their family members engaged in physical activity and healthy eating. Children's hoped the program would also make the process fun. An unexpected bonus was that the families spent more time together and shared more than just their wellness journey.

Those eight weeks have passed. How did our families do? We checked in with Tyana Crowe, Contract Administrator, The Park to find out more about her experience.

When the program started, Tyana's family did their own thing for exercise. Tyana and her husband primarily concentrated their attention on evaluating their children's activities. They didn't consider ways to become healthier, together.

"After hearing about the wellness program I began to think of ways that our family could plan more activities that involved the whole family. As the program progressed we wrote down our goals and referred to them on a weekly basis," Tyana says. "As we began accomplishing goals, we built upon them and gained more family time by shopping and cooking together."

Tyana credits the wellness program with bringing her family closer together.

"We now talk about becoming a healthy and active family. We have a new focus. We're engaging in more activities together, and we're aware of our eating habits. We encourage and support each other to make healthy choices," Tyana says. "We also learned how important it was to include our children in family goal planning. This was a great opportunity for us."

The pilot phase of the Family Wellness Program was such a success that Strong4Life plans to roll out the next session in May. Be on the lookout for an upcoming story on Careforce Connection with details of when and how to sign up. Also, next week we'll profile another employee that participated in the program and had great results.

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