

# Healthier Gatherings Start with a Conversation

Families just like yours are uncovering healthy habits all the time. Making simple changes at social gatherings can add up to a healthier future. **The next time you're headed to a gathering, try one of these questions to get the conversation started with your friends and family:**



## **Rethink Your Drink Choices:**

*"I'm concerned about the health impacts of too much sugar. Instead of soda, could we stick to fruit-infused water at next weekend's birthday party?"*



## **Ask for Healthier Snacks:**

*"I'm trying to help my kids eat more fruits and vegetables a day, so I'm going to bring a seasonal fruit tray. Would you be up for bringing a healthy side too?"*



## **Keep it Moving:**

*"Sitting for long periods makes me feel sluggish and low energy. Anyone up for a fun dance-off or some outdoor games?"*



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