

Name: _____ Date: _____

Healthy Family Activities



When you or someone in your family are quitting smoking, one way to stay on track is to plan healthy family activities. These will keep your family active and can be a nice reward for making the effort to quit.

 Below are some ideas to get your family started. Talk to your family about other activities you want to do and fill in the empty spaces with your ideas.

- Cook a healthy meal together
- Go on a hike or walk through a park
- Plant flowers in a garden or in a flowerpot
- Play children's games together, such as jump rope, hopscotch, or duck-duck-goose
- Have a family dance party
- Go to the zoo

 Pick one of the activities above and set a date to enjoy that activity.

My family will _____ on _____ (insert date).

You will all have something fun to look forward to and will create special family memories!

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.