Seventy-seven UA faculty and staff families participated in the 5th Annual Summer Family Makeover program hosted by The Office of Health Promotion and Wellness (OHPW) in July 2013.

Designed to inspire UA employees and their families to live healthier lives, this free wellness program promoted the 5-2-1-0 Challenge, a health education program that provides simple nutritional and physical activities. In an effort to promote family health and prevent childhood obesity, each family was encouraged to meet the following challenges:

- Eat 5 fruits and vegetables a day
- Limit screen time to 2 hours or less a day
- Participate in 1 hour of physical activity a day and
- Consume 0 sugar sweetened beverages a day.

Fun activities were planned by OHPW staff for participating families throughout the summer including: two pool parties at the Outdoor Pool Complex, a Family Fun Field Day on the Quad, rock climbing at the Student Recreation Center and a family trip to a local farmer’s market.

Families were encouraged to share their success at the end of the program by entering an essay contest for a chance to win a one-year family membership to the Student Recreation Center.

This year’s prize winner was Scott and Candace Peters and their 13 year old daughter, Madilyn.

Candace, who works at the Blackburn Institute, said that spending quality time together as a family was one of the great things about the program. “We’ve learned healthier eating habits and have started growing our own tomatoes and herbs,” she said.

Over the course of the program, families were encouraged to rethink their eating and drinking habits. As a result, some reduced their meat consumption, while increasing servings of vegetables. Others enjoyed the motivation that the program provided, and the opportunity for children to take part in family decisions about exercise. Some children even encouraged their parents to adopt healthier attitudes, such as giving up soda in favor of drinking more water.

For more information about Summer Family Makeover, and other programs offered by The Office of Health Promotion and Wellness, visit, www.wellness.ua.edu.