



Why is eating dinner as a family important?

Kids and teens who share family dinners 3 or more times per week:

- Are less likely to be overweight
- Are more likely to eat healthy foods
- Perform better academically
- Are less likely to engage in risky
- Have better relationships with their parents

<http://www.thescramble.com/family-dinner-challenge-statistics/#sthash.NshvMBw3.dpuf>
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Our Mission:

To foster a culture that embraces family, fitness, and health. We are committed to creating community on the forefront of public health innovation with traditional family values.

Contact Us

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Be Springfield's Healthiest Family!

SPRINGFIELD'S HEALTHY FAMILY CHALLENGE

Family, fitness and Fun

FREE PROGRAM

Brought to you by:

The Springfield Board of Health

Meet the Team!

Dr. Lisa Stettner is a pediatrician and mother of 4 with over 20 years of experience, in and out of the office! In 2015, “Dr. Lisa” started a company called Inspire Me Healthy, where she coaches clients to live their healthiest lives. She created this challenge to help Springfield families do the very same thing.

Maya Lordo has worked for the Health Department for 8 years. She is a 200-hour Registered Yoga Teacher. She is a CHES who received her Master’s in health education. She is passionate about living a healthy lifestyle.

Lindsay Prewitt certified health education specialist (CHES) has experience working in both NYC and Ocean County. She specializes in substance use prevention in addition to being passionate about childhood obesity prevention.

This program was facilitated with the help of undergraduate senior interns from The College of New Jersey:

April Manis

Josh Gutkin

What is in it for YOU?

- **Healthy nutrition education and easy recipes to take home and try.**
- **Motivation and recommendations for increasing daily movement with actual routes for walking in Springfield.**
- **Instruction in basic yoga for relaxation with a 6-minute routine by the end of the challenge that you can continue with-in your own home daily.**
- **Lively discussions on how to bring more positivity into your life with activities you can do independently and as a family**

The town that puts health and community first!

Where is this program?



Meisel Park, Springfield Township,
New Jersey, 07081

Healthy Springfield Program:

Springfield’s Healthy Family Challenge meets on Wednesdays 6:30pm-8:00pm May 3rd-June 7th in Meisel Park. Families will have the opportunity to receive health education from a medical doctor, walk around the park, and take a yoga class.