

**DATGANIADAU BARN YSGRIFENEDIG /  
WRITTEN STATEMENTS OF OPINION**

**A GYFLWYNWYD / TABLED ON  
10/05/2006**

R Yn dynodi bod yr Aelod wedi datgan buddiant  
R Signifies the Member has declared an interest

**OPIN-2006- 0045 - Byw'n Iach a Diwrnod Rhyngwladol y Teulu'r  
Cenhedloedd Unedig / Healthy Living and the United Nation's  
International Day of Families**

**Codwyd gan / Raised By:** Jeff Cuthbert

**Tanysgrifwyr / Subscribers:**

Gwenda Thomas  
Lorraine Barrett  
Val Lloyd  
Sandy Mewies  
Denise Idris Jones  
Leanne Wood  
Tamsin Dunwoody  
Christine Chapman

**Byw'n Iach a Diwrnod Rhyngwladol y Teulu'r Cenhedloedd Unedig**

Thema Diwrnod Rhyngwladol y Teulu'r Cenhedloedd Unedig eleni yw 'Newid Teuluoedd: Sialensiau a Chyfleoedd'. Carai Cynulliad Cenedlaethol Cymru herio teuluoedd ledled Cymru ac ym mhedwar ban byd i newid rhywfaint ar eu bywydau gyda'i gilydd er mwyn gwella eu hiechyd a'u lles. Gall teuluoedd gefnogi ei gilydd i wella eu deiet a gwneud mwy o ymarfer corff gyda'i gilydd - gallent hyd yn oed herio ei gilydd mewn cystadleuaeth i'r teulu. Drwy gymryd camau bach gyda'i gilydd gellir sicrhau canlyniadau mawr.

Jeff Cuthbert

**Healthy Living and the United Nation's International Day of Families**

The theme for the United Nations' International Day of Families this year is 'Changing Families: Challenges and Opportunities'. The National Assembly for Wales would like to challenge families around Wales and all around the world to make some changes to their lives together that will improve their health and well being. Families can support each other to improve their diet and to take more exercise together - they might even challenge each other in a family competition. Small steps, taken together, may lead to big results.