

Be a Positive Role Model for Healthy Eating and Exercise

The best way to get your child on board with a healthy active lifestyle, is to commit to the changes yourself. Your actions teach your child what to eat, how much to eat and when to eat. You also encourage your child to be physically active every day if you make it a priority yourself.

Here's How:

Eat more healthy, nutritious foods.

Control your portion sizes.

Limit the number of treats & snacks.

Be physically active every day.

Limit the time you spend with TV or computer games.

Rewards for successful behavior changes keep your family motivated.

Celebrate your successes!