



Healthy Lifestyles: You and Your Family

As a parent, you are your child's most important role model—especially when it comes to making healthy choices. If you eat right, move more, and limit your screen time, your kids will, too!

Make Your Home a Healthy Eating Zone

- Eat healthy. Your children are watching. They will follow your lead.
- Stock your kitchen with healthy foods—fruits, veggies, whole grains, and low-fat dairy products. If you don't buy unhealthy food, your kids won't eat it at home.
- Put healthy foods where they are easy to see.
- Plan healthy meals with your kids ahead of time, so fast food isn't as tempting. Then cook the meals with them.
- Eat together! Children who eat meals with their family are more likely to eat fruits, veggies, and other healthy foods.
- Give your kids a healthy breakfast every day. Good choices are oatmeal or whole-grain cereal, fruit, and low-fat milk

Get Your Family Moving

- Get off the couch and move. If your kids see you doing physical activity, they will want to move more, too.
- Encourage your children to be active. Help them figure out what physical activities they like and can do often.
- Start early in life. Kids are more likely to be active later in life if they start when they're young.
- Plan activities the whole family can do together.

Limit Screen Time

- Limit your kids' time in front of TV, video games, and the computer. Setting rules can help cut their screen time by nearly 3 hours a day.
- Set a good example. Limit your own screen time.
- Know the link between screen time and unhealthy foods. Kids who have more screen time are more likely to eat foods high in fat and added sugar (like sodas or fried foods).
- Teach your kids that many of the ads they see on TV are for less-healthy food and drink choices.

References:

We Can Parent tips: Be a good role model-

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-role-model.pdf>