

# HOW TO BE AN ACTIVE ROLE MODEL

## BUILDING HEALTHY COMMUNITIES



Did you know that one of the best ways to encourage healthy choices in children is to model those choices as an adult? Parents, older siblings, teachers, and other role models can help kids and teens make healthy choices by simply engaging in healthy behaviors like eating nutritious foods and being physically active. In addition to making healthy choices themselves, there are many ways adults can be role models for positive behaviors like physical activity. Take the simple steps below to encourage youth physical activity while being a super role model!

### TIPS TO BE AN ACTIVE ROLE MODEL:

#### Plan And Set Goals For Physical Activity:

Track physical activity with a chart, then reinforce progress with healthy rewards such as a special family outing or the opportunity to win a prize.

#### Demonstrate Physical Activity:

Demonstrate physical activity and behaviors that safely support an active lifestyle with and in front of others. As a parent or caregiver, this could mean doing yoga in your living room with kids or while kids play nearby. As an educator, this could mean being active with students at recess, leading classroom physical activity opportunities, or making the gym available for physical activity during lunch.

#### Encourage Physical Activity:

School staff and community leaders can encourage family physical activity by assigning active homework to students, hosting active events, utilizing joint use agreements to make physical activity facilities such as gyms and playgrounds available outside of school hours, and providing low-cost resources/classes to families.

#### Communicate Positively About Benefits of Physical Activity:

This includes improving sleep, increasing academic performance, preventing illness, and strengthening social connections. Keep your audience in mind and discuss how participating in physical activity can safely align with their interests.

#### Encourage Community Physical Activity:

Parents and family members can encourage physical activity for their children outside of the home by joining wellness committees, volunteering for active events like a Family Fitness Night or Fun Run, and asking how physical activity facilities such as gyms and playgrounds can safely be made available to the community outside of school hours.

