



How can you YOU help?

- ★ Get your kids to bed at a decent hour to ensure they get at least 9-10 hours of sleep each night.
- ★ If your kids are not interested in sports, then find alternatives
- ★ Share this lifestyle with your kids. If you eat healthy and show the importance, they will eventually be convinced to follow
- ★ Help your kids if they are struggling to fit in when it comes to activities. We are not all born basketball stars, but we all have talents. Help them find a hobby that is fun and beneficial to them and their health
- ★ Lead by example
- ★ Make it fun!

Make a Difference



In order for this plan to work, we must work as a team to promote good health for ourselves and our youth



Are Your Kids Healthy?

Presented By:

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Promoting Health To Our Youth

How to Promote Healthy Eating

- ❖ Expose kids to healthy food choices at a young age to create stability
- ❖ Be patient and keep trying. Kids aren't going to like the idea of new foods, but eventually they will if you are persistent.
- ❖ Be a role model. Studies show that young kids will like and dislike the same foods their parents do. So choose wisely.
- ❖ Make healthy foods available. Keep healthy foods like fruits and vegetables around so your kids will like and choose them.
- ❖ Prepare foods in healthy ways. A few examples are: Bake not fry, water not soda, and whole grain instead of refined grains.

How to Promote Exercise

- ❖ Monitor sedentary activities and reduce
- ❖ Make family activities fun and enjoyable. Go for a hike, race, rollerblade, swim etc.
- ❖ Let your kids walk home from school or walk to the bus stop. If you are worried about their safety, start up a "walk pool"
- ❖ Treat active games as a norm and video games or television as a privilege
- ❖ Buy toys such as kites, frisbees, or balls so they have a variety of outside activities to engage in
- ❖ Take them to the gym when you work out. Let them walk the treadmill, swim, or play in the court
- ❖ Sign them up for a sport or group club where they will be active

Benefits to a Healthy Lifestyle

- ★ Prevention of diseases such as heart disease, stroke, high blood pressure, and diabetes
- ★ Physical activity can help to prevent body fat
- ★ Eating well and exercising can help defend you from depression and will sharpen your memory
- ★ Reduced constipation
- ★ Weight management
- ★ Reduce of bone loss and risk of getting kidney stones
- ★ Looking better, feeling better, functioning better, and living longer