



## MODELING HEALTHY BEHAVIORS

*As a parent or guardian, you are your child's number one role model! Here are five ways you can model healthy behaviors and support your child throughout the 26.2 Mile Challenge!*

### 1. MAKE PHYSICAL ACTIVITY A DAILY ROUTINE AND SEPARATE IT FROM PUNISHMENTS AND REWARDS

Public health experts increasingly urge teachers and parents to keep recess and physical activities independent from punishments and rewards. Regardless of behavior, children need 60 minutes of moderate-to-vigorous physical activity per day to maintain good physical and psychological health.

*Make physical activity part of the daily routine and seek alternatives for discipline and rewards. Read more about it in this article: [Exercise Should Never be Used as Punishment](#)*

### 2. MAKE YOUR OWN PHYSICAL ACTIVITY A PRIORITY

Achieving 30 minutes of physical activity per day provides extensive psychological and health benefits for adults. For your child, participating with you or observing your active lifestyle helps reinforce the message that physical activity is part of life (**remember**: children should receive 60 minutes of MVPA per day!).

*Watch this video to learn more about how the positive effects of physical exercise will last long into adult years: [Dr. Mike Evans' visual lecture: 23 ½ Hours](#)*

### 3. CARRY A WATER BOTTLE AND REFILL IT OFTEN

Adults should consume six to eight, 8-oz glasses of water per day, and children should get at least four. Proper hydration helps prevent fatigue, build body mass, and lower stress.

*For more about the benefits of water, check out this link: [WebMD slideshow on the 7 Wonders of Water](#)*

### 4. GET ENOUGH SLEEP

There are numerous health and psychological benefits of a full night's sleep. Nine to ten hours per night for children can result in better behavior, increased information retention, better academic performance, and increased physical endurance.

*Need tips to get to sleep? This link provides tried and true guidelines to help you get a better night's rest: [Huffpo tips: Are you getting enough sleep?](#)*

### 5. KEEP FRUITS, VEGETABLES, AND WHOLE GRAINS READILY AVAILABLE FOR YOU AND YOUR CHILD

Keep cut up fruits and vegetables where your child can easily reach them in the fridge. Store nuts and whole grain snacks on the counter or kitchen table. Incorporate colors and textures in meals to get kids to try new vegetables.

*Try out these great recipes – they're particularly helpful for making sure picky eaters get the healthy foods they need: [Recipes from the Sneaky Chef](#)*

**\*How do you currently model healthy behaviors? Let other parents know by sharing your ideas on our social media sites listed below:**

