



Reinforce Wellness Messages **At Home**

Eat healthy and move more — and encourage your children to do the same! Set a great example for your whole family by creating a healthy environment at home.



BE A GOOD INFLUENCE.

“As parents, you make a big difference in what children think and do. Your children look up to you as role models. If you eat right and are physically active, you have a good chance of helping your children make those choices, too.”

— National Institutes of Health



EAT HEALTHY!

Make sure your children eat a healthy breakfast every day.

Breakfast eaters tend to have more adequate nutrient intake. Some children who eat school breakfast say they are more energetic and are better able to pay attention in school. And school breakfast can help students learn!

Plan healthy family meals.

Encourage your children to help you plan, shop for, cook and serve healthy meals. Children get excited about healthful eating when they're part of the process!

Eat together.

When families sit down and eat together, children are more likely to eat fruits and vegetables and less junk food.

Choose healthy snacks to keep on hand at home.

When you're at the supermarket, help your children choose one or two nutrient-rich snacks to pack in their lunches or as after-school snacks.

Find a “food of the week” to try as a snack or part of a family meal.

Choose a different type of tomato or melon, a grain or an international recipe that features a new nutrient-rich ingredient. Children are more willing to try new foods when they help pick them.

School Breakfast = Achievement!

Some studies show that specific subgroups of students who eat school breakfast may be better able to learn; achieve higher test scores; be less likely to be absent from school; and behave better in school.



MOVE MORE!

Make family time physical activity time.

Focus on activities the whole family can do together, and keep the activities fun rather than competitive. Biking, dancing or playing Frisbee in the park are all great ways to get moving.

Lead an active lifestyle yourself — and encourage your children to join you.

Show your children how much you enjoy physical activity!

Walk whenever you can.

Walk with your children to school. Walk instead of driving when you do short errands. Walk as a family after dinner.

Train as a family for a charity walk or run.

There's nothing like having a shared goal to inspire movement!

Active Students Are Better Students

Studies show a positive connection between physical activity and academic achievement. **Physical fitness** can benefit cognition and brain health. **Physical activity** can positively impact students' academic performance.