



Be a healthy role model for your family.

Actions speak louder than words. If you want your children to practice healthy habits, practice them yourself.

- Make health and wellness a priority in your life. Eat healthy foods, control your weight, do regular physical activity, and get enough sleep. Have regular health screenings and exams. Wash your hands often.
- Be responsible. Limit alcohol. Don't use tobacco. Use your seatbelt. Wear a bicycle helmet. Manage your finances.
- Treat others with kindness and respect. Be a good listener. Communicate your wants and needs in an assertive way. Help others. Deal with hardships and change in positive ways.

Be a role model. Live a healthy life.