

Be a

HEALTHY Role Model

What You Do Makes a Difference!

Research shows that kids learn by watching those around them. They learn about eating habits, attitudes toward food, how they should feel about their bodies, and how to be physically active (or inactive).

As an important adult in a child's life, there are things you can do to help them learn healthy habits. Even small changes will make a big difference to the kids around you!

Be a Healthy Role Model By:

- Eating healthy foods.
- Limiting use of handheld devices.
- Participating in physical activity with the kids.
- Drinking water.
- Putting any beverage that isn't water in an unmarked opaque container.

children are
watching you!



MaineHealth

LET'S GO!

5-2-1-0