

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:**

- Eat healthy foods.
- Participate in classroom motor breaks and games with the students.
- Use your free time to get physical activity.
- Drink water.
- Put any beverage that isn't water in an unmarked opaque container.

children are  
**watching** you!

MaineHealth

**LET'S GO!**

**5-2-1-0**