



“Show Me How”: Be a Fit-Tastic! Role Model

Being a Fit-Tastic! Role Model is as easy as 1,2,3...4,5! The 12345 Fit-Tastic! message is a fun way to remember 5 important health behaviors to practice each day.

As an adult you are the most important influence on your child. Your actions always speak louder than words! Help your child develop good health habits by being Fit-Tastic! yourself!



1 HOUR
OR MORE OF
PHYSICAL
ACTIVITY



2 HOURS
MAXIMUM OF
SCREEN TIME



3 SERVINGS
OF LOW-FAT OR NONFAT
MILK OR YOGURT



4 SERVINGS
OF WATER
NOT SUGARY DRINKS



5 SERVINGS
OR MORE OF
FRUITS &
VEGETABLES

Fun ideas to be active and cut down on screen time:

- Walk, run & play with your child instead of sitting on the sidelines.
- Praise your child for being active. Use positive words like, “That was fun walking to the park!” or “It feels so good to stretch tall!”
- Take time for yourself to be active. Go on a walk, do yoga, or meet a friend for zumba. Your child will notice and learn from you that activity is fun and important.
- Practice your own screen time limits! Be conscious of how often you use your phone or other device when you are with children.
- Focus on family during meal times and leave your phone and TV off.
- Get up and move during commercials.

Easy tips for healthy foods and drinks:

- Keep a pitcher of water in the refrigerator and a bowl of fruit out on the counter or table.
- Take a reusable water bottle with you and order water when you eat out.
- Reward your child with your attention, not food. Choose not to offer sweets as rewards.
- Try new fruits & veggies yourself.
- Offer the same foods for everyone. No need to make different dishes to please children. It's easier to plan meals when everyone eats the same one.
- Go food shopping together & talk about the foods you see. Engage your kids in making the choices.
- Let your child see that you like to munch on raw veggies. Describe the taste, texture & smell.

*Adapted from United State Department of Agriculture:
[10 Tips: Be a Healthy Role Model for Children](#)*

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!
Learn more at www.FitTastic.org

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