



CHECK LIST on How Parents Can Support an Active Healthy Lifestyle



- Organize family outings such as biking, hiking, swimming, skiing, bowling, and skating.
- Play games with your children. Dance, skip, play catch, shoot hoops with them.
- Ask your children to help care for family pets – walk the dog together.
- Make a game out of chores such as raking leaves, snow shovelling, yard clean-ups and let your children help.
- Set a limit to the amount of inactive time. Obesity is directly linked with the amount of time spent watching television or playing inactive games.
- Remind your children to take to school (and bring home for regular washing!) appropriate footwear and change of clothing for physical education.
- Enrol your children in swimming lessons.
- Enforce safety rules while supervising your children near or in water.
- Involve your children in grocery shopping.
- Explore the produce section of your supermarket to acquaint them with new fruits and vegetables. Teach them what to look for on food labels.
- Remind your children to wash their hands before food preparation, meals, and after bathroom visits.
- Teach your children about dangerous and poisonous substances. Do a safety check of the garage and house.
- Plan with your family a fire evacuation route from your home, with a safe meeting place.
- Ensure your children are aware of personal safety guidelines when using the Internet, when in crowds such as a rock concert, when in a wilderness/forested surrounding.
- Help your child find positive ways to feel good. Say “yes” to self-esteem enhancing hobbies, interests, and activities that can help your child say “no” to harmful practices such as smoking.
- Help your child resolve conflict in a “peaceful” manner.
- Encourage the use of healthy stress management strategies such as going for a walk, listening to music, talking to others, rather than drug misuse or physical violence.
- Make your home a smoke free zone.
- Encourage your children to take Physical Education/Health Education beyond Senior 2.
- Talk to your children about healthy (and the consequences of unhealthy) lifestyles choices.
- Start the day with a healthy breakfast.
- Have your children pack their school lunches from the healthy choices available in your kitchen.
- Eat dinner together regularly when possible.
- Set appropriate bedtimes.
- Always wear seatbelts.
- Drive safely and insist on it from your kids.
- Talk to your children about sexual reproductive health.
- Talk to your children about avoiding contact with bodily fluids.



Physically Active and Healthy



Get active everyday at home,
at school
and at play!

Choose a healthy physical activity daily that you enjoy

Activities: aerobic, running, cycling, walking, skipping, soccer

Activities: curl-ups, volleyball, spiking, rowing

Activities: weight lifting, pushups

Stretch to reach your potential: yoga, aquacise

Lifestyles for All Students

