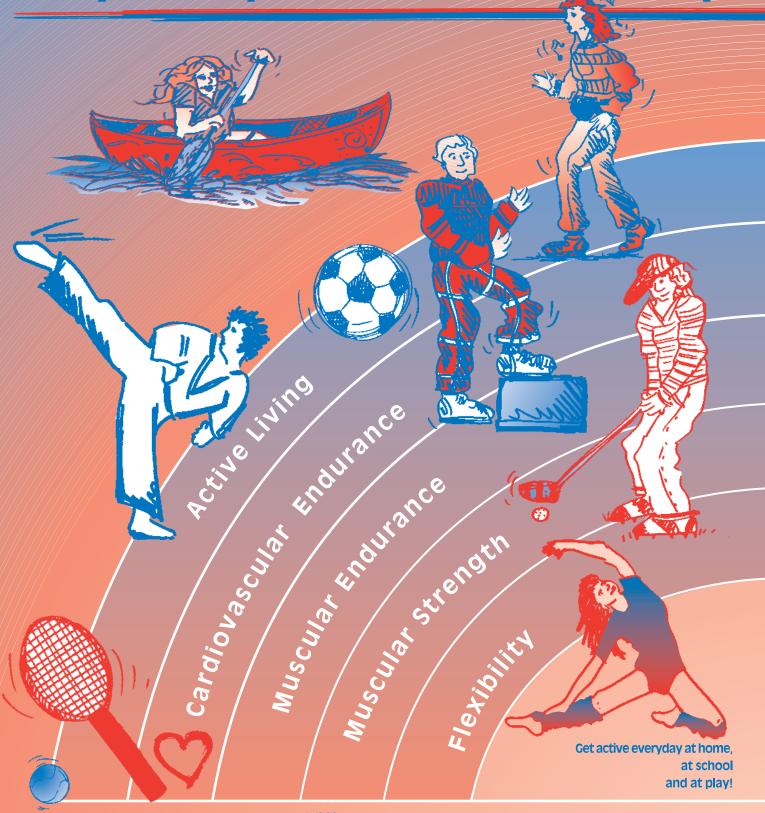


CHECK LIST on How Parents Can Support an Active Healthy Lifestyle



	Organize family outings such as biking, hiking, swimming, skiing, bowling, and skating.		Ensure your children are aware of personal safety guidelines when using the Internet, when in crowds such as a rock concert, when in a
Ш	Play games with your children. Dance, skip, play catch, shoot hoops with them.		wilderness/forested surrounding.
	Ask your children to help care for family pets – walk the dog together.		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.
	Make a game out of chores such as raking leaves, snow shovelling, yard clean-ups and let your children help.		Help your child resolve conflict in a "peaceful" manner.
	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.		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.
Ш	Remind your children to take to school (and bring home for regular washing!) appropriate footwear and change of clothing for physical education.		Make your home a smoke free zone.
	Enrol your children in swimming lessons.		Encourage your children to take Physical Education/Health Education beyond Senior 2.
	Enforce safety rules while supervising your children near or in water.		Talk to your children about healthy (and the consequences of unhealthy) lifestyles choices.
	Involve your children in grocery shopping.		Start the day with a healthy breakfast.
	Explore the produce section of your supermarket to acquaint them with new fruits and vegetables. Teach them what to look for on food labels.	ō	Have your children pack their school lunches from the healthy choices available in your kitchen.
	Remind your children to wash their hands before food preparation, meals, and after bathroom		Eat dinner together regularly when possible.
	visits.		Set appropriate bedtimes.
	Teach your children about dangerous and poisonous substances. Do a safety check of the		Always wear seatbelts.
	garage and house.		Drive safely and insist on it from your kids.
	Plan with your family a fire evacuation route from your home, with a safe meeting place.		Talk to your children about sexual reproductive health.
			Talk to your children about avoiding contact with bodily fluids.

Physically Active and Healthy



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

