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

Choose a healthy physical activity daily that you enjoy:
- Activities: aerobic, running, cycling, walking, skipping, soccer

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

Activities: curl-ups, volleyball, spiking, rowing

Activities: weight lifting, pushups

Stretch to reach your potential: yoga, aquacise
Lifestyles for All Students

Enjoy eating well, being active and healthy

Choose leaner meats, poultry & fish as well as dried peas, beans & lentils more often

Choose lower-fat milk products more often

Choose dark green & orange vegetables & orange fruit more often

Choose whole grain & enriched products more often

Choose a healthy physical activity daily that you enjoy