

# Top Tips for Promoting a Healthy Lifestyle

Try to avoid comments about weight– your weight, others or your children's. Instead focus on positive language with the focus being on strong bodies and healthy choices.

Encourage activity in your children. For example family walks, swimming, frisbee or playing catch. Help your children understand the benefits of physical activity.

Keep a routine. Have regular family meals together when possible, these are times to talk and enjoy the meal together.

Do not stress about children cleaning their plates and do allow them to have more of healthy food that is being served. This will help them learn to pay attention to their own hunger signals.

Provide healthy snacks for your children, but try to avoid continuous snacking as this can prevent children wanting to eat regular meals.

Involve children in food choices, cooking and preparing meals.– Make it fun!

Children learn most from watching us. Therefore, model being physically active, buy and eat healthy foods, express your enjoyment of food and family meals, and model positive talk about your family's healthy bodies.

