

# CAUTION: YOUR NEW HABITS ARE CONTAGIOUS

Your lifestyle changes aren't just affecting *you*. Your family is seeing, hearing, and feeling the ways you're working on yourself. You can **maximize this impact** by intentionally bringing their attention to it - beyond what they passively notice.

## SHOW AND TELL.

Talk to your family about what you're doing and why it's important to you. These don't need to be intense heart-to-hearts - just casual comments in the moment. Of course, tailor them to be age-appropriate.

"Well, time to go to the gym! I love making my body strong and healthy so I can keep up with you!"

"You're right, that cupcake DOES look good! But it has some stuff in it that slows me down and isn't so good for my body, so I'm not going to eat it."

"Eggs are like magic for our bodies! The white part makes us strong and the yellow part makes us smart!"

"I know you want to stay up later. I like staying up late too! But if we don't sleep enough, our bodies feels yucky and slow and weird the next day, and we don't want that!"

Take them grocery shopping with you and talk about **why** you choose and avoid certain foods.

Avoid negative self-talk about your body. Instead, let them "overhear" you praise your body for what it does for you and how good it feels to take care of yourself.

The more they hear comments like this, the more they stick. They learn that making healthy choices isn't about restriction or punishment, and it's not a phase that passes. It's about feeling good and giving your body what it needs to live a full, happy, productive life. *Note: this goes for partners, too!*



## MAKE MOVEMENT PART OF YOUR FAMILY CULTURE.



When being active becomes the default, everyone wins. More energy, more fun, better sleep! Here are some easy, fun ways to incorporate more movement in your family's routine.

- Create a living room or backyard obstacle course
- Have a living room dance party
- Try a short workout or stretch video together
- If appropriate, have your kid work out with you
- Do a neighborhood bike or scooter ride
- Play tag or hide and seek, or kick a ball at the park
- Play on the playground with your kid - hello, pull-ups!
- Have a bodyweight workout "competition" with your kid
- Go for evening walks or weekend hikes
- Stretch together before bed