



HEALTHY LIFESTYLES CLINIC

December 15, 2015

It begins with you!

Research shows that family members provide some of the most important role models of healthy eating and exercise. Try encouraging the entire family to maintain health goals together, and make sure to stay positive and reward healthy behavior by responding to it immediately. If a child has a moment where he or she “slips,” make sure to help them focus on what they can keep doing to improve, without making them feel unhappy or ashamed for the slip in behavior. This holiday season presents a great opportunity to include the whole family, and making health a priority in the family will ensure that your child feels supported and capable of reaching their health goals today!

Winter Sports

With the start of a new season, kids will have the opportunity to join in a number of different sports. What is offered depends on the school, but some examples of potential sports teams to join include:

- Wrestling
- Basketball, boys and girls
- Ice hockey, boys and girls
- Swimming, boys and girls

This holiday season, make sure to stay safe while continuing to pursue health goals:

- If your kids can get out to play, give them a flashlight or headlamp so that they stay well-lit when the sun sets early.
- Pack extra layers and good footwear for the cold weather.
- Join them in outdoor fun!

