



Model Good Health

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Children, spouses, friends and family can support one another in a healthy lifestyle.

Be a positive role model

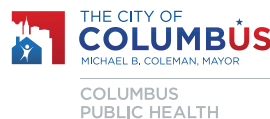
- Focus on healthy habits like eating well and being active, not body shape or size.
- Try new foods and activities as a way to keep things interesting.
- Boost your self-esteem – recognize your attributes and remind yourself of them often.
- Use positive words and actions to encourage others to take care of themselves.
- Celebrate successes – your own and others – with healthy, non-food rewards.

Children watch and imitate adults. You can help to create healthy habits in children by modeling good nutrition and physical activity.

Tips to model good health

- Start a walking group with your co-workers.
- Organize or participate in wellness activities: walks, runs, cook offs, fitness challenges.
- Bring healthy foods to meetings, events, and celebrations for others to enjoy.
- Instead of traveling by car, walk or bike for short trips.

Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number O2520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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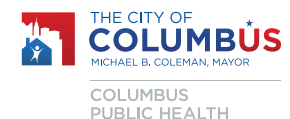
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