

Role Modeling Matters

Encourage. Inspire. Teach.

**Teachers and school staff are role models for students.
Let's demonstrate healthy behaviors.**

- **Eat healthy:** Pack a healthy lunch that includes vegetables and fruits and invite students to eat with you as a reward for good behavior. Limit eating treats in front of students.
- **Drink water:** It's good for you, and it may encourage students to drink more water too. Do not drink sugar sweetened soft drinks in school.
- **Be active:** When you exercise talk to students about it so they can see you being physically active (and enjoying it!).
- **Celebrate:** Without food or offering smart snacks only.
- **Take a break and get up:** Include brain breaks and energizers in your lesson plan and participate with your students during these physical activity breaks.
- **Get out:** Attend a high school sporting event such as a football or volleyball game and make sure students see you there. Let them know you think physical activity is important. Volunteer to coach if you have time.
- **Get 5-a- day:** Put a piece of fruit on your desk every day for a whole month. Eat it when you get hungry and show your students your healthy habits!
- **Reward with fun and activities:** Teach about moderation and portion control about all types of food but especially with treats.
- **Remind students:** eating healthy foods and exercising is associated with better grades!

It's important to **promote a healthy body** while also emphasizing healthy behaviors. Refrain from talking about losing weight or dieting but instead shift the conversation to making changes to **improve your health**.

Source: [Staff as Healthy Role Models - Action for Healthy Kids](#)