

# Adults can play follow the leader, too



## Be a positive role model for your kids

If you're a "junk food junkie" or never get any exercise, chances are your kids will follow the same pattern. Fortunately, there are many ways to reverse unhealthy habits. Here's how you can be a positive role model:

- Get the whole family active and encourage activities that children really enjoy
- Limit TV, video game and computer time
- Be supportive, which helps children and teens develop a good self-image
- Don't reward children with food, but find other ways to celebrate good behavior
- Develop good eating habits together by making dinnertime a family time
- Be an advocate for healthier children, such as insisting on smart food choices at school

Take the lead and log on to [www.bcbstx.com](http://www.bcbstx.com) for more healthy ideas from Blue Access® for Members.



**BlueCross BlueShield  
of Texas**

Source: American Heart Association

46322.0706