

Help Kids Form Healthy Habits

Be a role model. Eat healthy meals together. Walk or ride bikes instead of watching TV.

Make healthy choices easy. Put nutritious food where it's easy to see. Keep balls and sports gear handy.

Focus on fun. Play in the park, or walk through the zoo or on a nature trail. Cook a healthy meal together.

Change a little at a time. If you drive everywhere, try walking to a nearby friend's house. Then later, try walking a little farther.

www.welcoa.org



For more wellness tips and learning, visit the Health Library at: livingwell.provantonline.com under the reference tab.

This website is available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants