

Be a

HEALTHY **ROLE MODEL**

What you do makes a difference!

We know that students learn about eating habits, attitudes toward food, how they should feel about their bodies, and how to be physically active (or inactive) from their peers and mentors.

As an important adult in your students' lives, there are things you can do to help them learn healthy habits. Even small changes will make a big difference to the students around you!

Be a healthy role model:

- Eat healthy foods.
- Limit use of handheld devices.
- Participate in physical activity with students.
- Drink water.
- Put any beverage that isn't water in an unmarked opaque container.

students are
watching you!

