



**HERE**

For Healthy Schools

# LET'S STAY IN SHAPE AND HAVE FUN

RESOURCES FOR TEACHING AT HOME

## Help Me with My Health!

Is there anything children like better than feeling smarter than their parents? Choose a healthy habit you want to improve, and ask your kids to help you. The only rule is they have to do whatever it is they're assigning you. So if you have to walk a mile every day, they walk a mile as well. If you eat more vegetables, they eat more vegetables too.

In the end, you'll both have developed a new healthy habit. Moving forward, you can add another one!

Put your child in charge of your healthy habits...  
and you'll both experience the benefits!



**HEALTHY** *Habits*<sup>®</sup>

Presented by LYSOL<sup>®</sup>, in collaboration with NEA and National PTA

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