

The Importance of Role Modeling

As parents, try not to think about how your kids roll their eyes whenever you offer advice, and how they said you embarrassed them last time you drove the car pool. You probably don't realize it (and they certainly won't admit it!), but your children are your biggest fans. They've been watching you their whole lives, starting from when you could do no wrong (remember those days?) - and they still learn from what you do, every day.

That's why Dr. Carlon Colker, the fitness expert on Shaq's Big Challenge, says that his number one tip for parents is this: Lead by example. If you want your kids to eat healthfully, you need to show them how it's done. If you want them to exercise, you need to exercise. That means making smart choices even when you don't want to - and watching what you say about food and exercise, too. Kids will pick up on the slightest cues, like the look on your face when you take a bite of broccoli or the way you find excuses not to work out.

So be on the alert, and be a good coach!