

Get Your Child Excited About Healthy Living

Description



[Pexels](#)

When we think about living a healthy lifestyle, we immediately sigh and feel defeated already about all the delicious and naughty things that weâ€™ll no longer be able to eat â€“ and thatâ€™s as an adult. Itâ€™s probably ten times worse being told that as a child. But as a parent, itâ€™s your job to [make it fun](#). You see, it doesnâ€™t have to be boring like you imagine it to be, but thatâ€™s all down to what you do and how creative you are. By no means do you have to try and make your child eat salad every day and do ten press-ups before they go to bed! â€“ But if youâ€™re struggling and arenâ€™t sure what direction you need to go on â€“ here are a couple of ideas.

Get them trying new flavors

One of the best things you can do for a child, is to encourage them to eat as many new things as possible so that they donâ€™t turn into a picky adult that only eats chips and chicken nuggets. We all love snacks â€“ theyâ€™re quick, accessible, and generally taste yummy, but rather than focusing on chocolate and sweets, try and implement healthy alternatives. Start with options you know they like, be it apples, or banana, or carrots, and then try and work on new things that theyâ€™ve never had before. This may be melon, or passion fruit, or avocado. Another trick to making this more exciting, is allowing them to help you prepare the food too. That way they feel involved and will be more inclined to try as theyâ€™ve been the ones peeling the skin or cutting them up. And of course, positive reinforcement always helps too.

Get them into sports

Sports are an excellent way to ensure that your child is getting active through exercise, without them knowing that thatâ€™s the intention. â€“ Sports are fun, and for children they feel like a treat, a reward, being able to run around and let loose with their pals while enjoying a little bit of friendly competition. And all while theyâ€™re doing that, theyâ€™re getting their heart beating faster, and their blood pumping through their veins, and also burning off any excess calories they may be carrying around. Not only is it good for the physical side of health, but the mental side too. It relieves stress and releases endorphins in the brain that make you feel awesome. So take a look at some [youth football uniforms](#) and get your child decked out in the latest sports fashion to wow the team.

These are only a couple of basic ideas, but they are a great foot to start on in order to get you on the right track. The most important thing to remember is that it should be fun, and you should be bonding with your child while teaching them the importance of healthy living. Be open and honest and explain why water is so good for our bodies, and why broccoli has [so many amazing benefits](#). â€“ Theyâ€™ll soon learn.

Date Created
2018/06/13

default watermark