

Modelling Healthy Behaviours

Be you a parent, teacher, guardian, or Marathon Kids Champion, you are an important role-model for all of the kids you encounter. Here are five ways you can model healthy behaviours to support kids to achieve their goals with Marathon Kids.

1. Make your own physical activity a priority. Achieving 30 minutes of physical activity per day provides extensive psychological and physical health benefits for adults. Having your child participate with you, or observing your active lifestyle, helps reinforce the message that physical activity is part of life. Learning this at a young age is vital for long-term behaviour adoption.

2. Get enough sleep. There are numerous advantages to getting a full night of sleep. When you prioritise sleep, it is easier for your kids to follow your lead. Nine to ten hours per night for children can result in better behaviour, increased information retention, better academic performance, and increased physical endurance.

3. Try something new. In addition to doing the usual physical activities each week, show kids that there are many other options out there by trying something new as a family or class. This could be climbing, tennis, rollerskating or skateboarding, interval training, walking in the woods, dancing, surfing or sailing, to mention just a few.

4. Make physical activity a daily routine. Remember: you need 30 minutes and children need 60 minutes of Moderate to Vigorous Physical Activity every day, so try to find as many ways to be active in a day as possible. Try walking, cycling or scooting to and from school, do a physical activity brain break during lesson times, walk to the shops whenever you can or play in the park on the way home. This also means not using physical activity as a punishment, or as a reward. Regardless of your kids' behaviour, they should still be able to participate in Marathon Kids, walk around the block, go to football practice or dance class.

5. Drink water. Kids often forget to drink water throughout their day. Model the way by drinking water with meals and carrying a water bottle when you're away from home. In children, proper hydration builds body mass, helps prevent fatigue, and lowers stress levels.