



stall talk

Your source of health news, events and tidbits

Don't Stall, Talk!

Are You a Good Role Model?

Answer these questions to find out if you are modeling positive physical activity and nutrition behaviors

Do you participate in physical activity 30-60 minutes each day? Yes / No

Do you eat foods and drink beverages recommended by MyPlate? Yes / No

Do you limit eating unhealthy foods such as sweets, soda, and other junk foods? Yes / No

Do you eat breakfast everyday? Yes / No

Do you follow proper portion sizes for different foods? Yes / No

Do you limit the amount of recreational screen time to less than two hours a day? Yes / No

Do you eat only when you are hungry and not when sad, stressed, or angry? Yes / No

Do you encourage and/or provide healthy snacks at meetings and/or in the classroom? Yes / No

Do you encourage healthy habits such as walking or biking instead of driving? Yes / No

Do you avoid sweetened beverages? Yes / No

Do you bring fresh meals from home or eat school lunch instead of going out to eat for fast food? Yes / No

Do you go out and exercise instead of sitting in front of the computer or T.V.? Yes / No

Adapted from the Milwaukee County Nutrition and Physical Activity Coalition

9-12 yes answers

You are doing a wonderful job role modeling a healthy and active lifestyle for students and employees.

Keep up the great work!

5-8 yes answers

You are on the right track to becoming an excellent role model for students and employees. Look at the questions you answered "no" to and identify the areas in your life where you can become a better role model.

Keep working hard!

0-4 yes answers

You need to do a little work to become the best role model you can be for students and employees. In order to become a better role model, you need to first take a look at your own behaviors and see where you can improve in order to lead a more healthy and active lifestyle. Don't give up! You can do it!

