

Become A Role Model



You can have a positive influence on others. You can influence the choices they make to be healthy. Helping others may also help you in making your own healthy choices.

How to be a good role model for healthy behaviors

- ▶ Make healthy choices for yourself. It may not always be easy, but doing what you need to do for yourself is the first step.
- ▶ Do it consistently. Try to make good, healthy choices day after day. Soon people will notice.
- ▶ When someone asks about your choices, tell them:
 - ▶ Making healthy lifestyle choices helps you manage your diabetes.
 - ▶ About your goals. Give examples of healthy eating behaviors you are doing. Give examples of GREEN activity you do.
- ▶ Get going again after a slip-up. Everyone makes mistakes. What's important is to get back on track right away.
- ▶ Admit mistakes and ask for help. Being honest about mistakes helps people believe in you. A role model doesn't have to be perfect.
- ▶ Encourage others who are also trying to make healthy choices.
- ▶ Have confidence in yourself. Doing the right thing helps you be healthy. And it may get others to make healthy choices more often.
- ▶ Try not to get discouraged if others don't follow your example. What's right for you may not be right for others. Or they may not be ready to change.

Identify people you could help:

- ▶ Your family. They could be the first people who start to make healthier choices because of you.
- ▶ Your extended family. Seeing what you are doing may get them thinking they should make better choices too.
- ▶ Friends who see you make healthy choices. Your example may be powerful enough to influence some of them.

Additional resources

- ▶ Setting Goals and Staying Motivated: LM 3

Suggested activity

Think about two people you could have a positive influence on. Think about why you want to help them. Then think about what healthy choices you are making already. Then do your best to set a consistent example.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help him be a good role model?

- ▶ Try being one yourself. By making healthy choices, you are encouraging him to do the same.
- ▶ Talk about it with him. Ask him:
 - ▶ Is he aware of the power he has to help people?
 - ▶ Would he like to help others? How would he feel about himself if he did?
 - ▶ Is he aware of how being a role model can help him stay motivated?
- ▶ Praise him. Let him know how proud you are of what he's doing for himself and for others.
- ▶ Problem-solve with him when he makes mistakes. Encourage him to keep going.
- ▶ Help him practice talking about his goals and his efforts to meet them. His behavior sends a message to others. Being able to talk about his goals with others will make it more powerful.

Talk to him about the behaviors he can model, like:

- ▶ Healthy eating habits.
- ▶ Doing GREEN physical activity and avoiding sedentary activity.
- ▶ Keeping track of what he eats and his weight.
- ▶ Being consistent in his efforts.
- ▶ Staying positive.

What if no one follows his example?

- ▶ Tell him that some people will not want to follow his example.
- ▶ Try to keep him focused on doing the right thing for himself. That's more important than whether others follow his example.
- ▶ Remind him that he can't control what someone else does. All he can do is act consistently.

Additional resources

- ▶ Be a Model and a Coach for Healthy Eating: LC 7
- ▶ Be a Healthy Role Model for Your Child: LC 12

Suggested activity

Talk about how he's a role model—even if he's not trying to be. Identify something he does well most of the time. Point out how he's being a role model when he does that. Praise him for doing it.

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