



## Recommendations for Single Fathers

When it comes to promoting healthy living within a family, it is first important to understand what kind of dynamic the family has. Not every household has both parents present. In fact, as of 2019, there was a reported 3.23 million children living with a single father. Whatever situation you are in, whether you are a single father or not, you can still promote a healthy lifestyle for your children. Fathers can especially help in two big areas of healthy living: physical activity and nutrition. Below you can find some tips that can assist you in promoting healthy eating and exercise with your children.

### Recommendations for healthy, nutritional eating

- Model healthy eating behaviors in front of your kids. If your children see you eating fast food on a regular basis, they will follow suit and adopt this malnutritious behavior.
- Instill a whole-food, plant-based diet. There is a plethora of research that supports this nutritional lifestyle and its amazing benefits to everyone. This type of diet includes avoiding processed foods, oil, eggs, dairy products, and meat of any kind.
- Involving children in the cooking process as much as possible! Let them help you make dinner. Something as simple as having them pour veggies onto a pan or stirring soup in a pot.

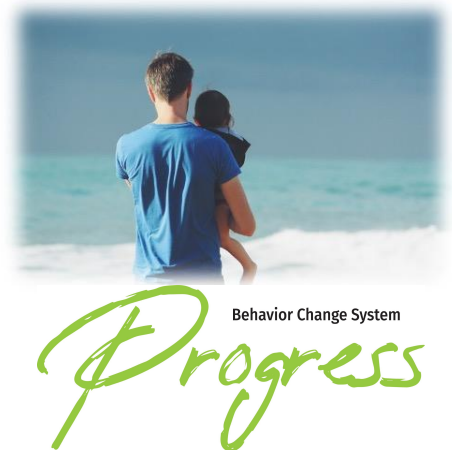
### Recommendations for moving more with your children

- Going on a walk with your children can be a great opportunity to not only get exercise, but connect as well.
- Even playing a game of catch or tag in the backyard with your children can be both fun and beneficial.
- If it is a beautiful day out, find a local pool or park for you to hang out with your kids
- If a place is within walking distance, it's a great idea to walk to places instead of driving.
- Having kids do chores with you around the house can also be a fun and physically engaging activity for them

Although instilling a healthy lifestyle in your kids is important, it's important for single parents to take time for themselves too:

### Recommendations for personal self care for single fathers

- Create space for yourself where you live that's free of distractions and children's toys
- Plan something to look forward to like a mini family vacation or picnic
- Stay connected with others either virtually, or asking a friend to grab a cup of coffee!
- Make time daily to engage in something you enjoy like reading a book or watching a movie



You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.