

## Talking about Healthy Habits

Providing nutritious meals and snacks is an important function of your program. It is also important for staff members to model a healthy approach to fitness. However, sometimes it is not so easy. Read these scenarios and decide how you would respond.

1. “He just never eats anything. Honestly, I don’t know how he stays alive,” Jody exclaims as you watch Paul dump a full plate of food into the garbage. “He is so skinny, and his mom has asked me to write her a note everyday about how much he eats. I just can’t get him to take a single bite of anything other than peanut butter and jelly sandwiches. He’s got to eat something. What should I do?”
  
2. As you walk into the front office, you overhear raised voices drifting from the manager’s office. You notice Lillian, an active duty Marine and the parent of a school-age child. She is holding a pamphlet from your program’s new nutrition initiative. “I think it’s great you’re doing this, but I think it’s pretty hypocritical, Dawn. I mean, I don’t want to be insensitive, but the leader of the pre-teen program is definitely overweight. I’m concerned that she can’t move fast enough to keep our kids safe in an emergency. I also don’t think she’s the kind of role model our kids need to be seeing. You know, many of your military parents have to meet regular weigh-ins to keep mission ready ... what is your staff doing?” Dawn, the manager, sees you and pulls you into the room. What do you do and say?

