



## ***Becoming a Role Model for a Healthy Lifestyle***

Becoming a role model for your friends and family can be a rewarding and fulfilling experience. You have been practicing a healthy lifestyle and have experienced the benefits from it and want others to have a similar experience. Being a role model will help both parties become healthier and more positive.

### **Educate Yourself**

First of all, you will want to do the research. You need to know what new studies and trends are out there about health and fitness. You will want to understand the different kinds of **workout programs** and routines and how they help people become fit. For example, lifting in order to bulk up is very different from lifting in order to be toned sculpted.

Continually educate yourself and stay informed. Workout programs and **dieting trends** change often and you will want to understand them in order to explain them to others. As a role model, you should be knowledgeable.

### **Passion, Drive and Motivation**

Secondly, you need enough passion, drive and motivation to be a role model. If you are not motivated to wake up and jog in the morning, why would your friend be motivated? Role models are the ones that motivate and help others stay on track.

Living a healthy lifestyle should be important to you; that is why you decided to become a role model. Having the passion to eat healthy and work out on a regular basis can be inspirational to others.

### **Stay Positive**

Along with motivation, it is important to maintain a positive attitude. Once negative feelings come into play, you and your friend will lose momentum and find working out and eating healthy not very important.

Focus on the successes of your friend or family member you are helping. Keep them positive and show them they are making strides.

### **Follow Your Own Advice**

If you tell your friend he or she needs to run three times a week, then you should probably run three times a week. If you suggest cutting out cake and cookies, then you should not eat those sweets either. If you do not practice what you preach, others will not take you seriously and will not follow your advice.

This advice can be helpful to parents as well. If you are concerned that your child is not active enough or is eating unhealthy foods, don't just tell them what to change, change yourself as well. As a parent, you should be active and eat healthier foods. Give your child someone to model after.

### **Be There and Be Supportive**

When your friend wants to go to the gym for a swim or lift, go with them. It can be hard going to a gym alone for the first time. As a role model, you can offer comfort and support. In addition, you will want to be at the gym to help demonstrate proper form while running, lifting, etc.

You might even want to help plan **workout routines** for each day or week. Your friend will need direction and advice. Also, if you go to the gym on a weekly basis, encourage your friend or family member to join you. Help him or her incorporate working out during the week.

### **Provide Feedback and Other Resources**

As role model, give positive and encouraging feedback. People will want to know what they are doing well and what they can improve on. Also, provide resources such as literature on what types of food to eat, what kinds of exercises could be beneficial, and even information on healthy weights and heart rates. Being a role model means having the answers to questions and concerns.

Being a role model is beneficial for all. The key is to stay positive, motivated and have fun. Beginning a new lifestyle is usually more enjoyable and easier with a friend and a role model.

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