

According to the ADA, most children in the U.S. are lacking critical nutrients in their diets and are not getting enough physical activity. An article from [getoutbeactive.com](http://getoutbeactive.com) states that parents and caregivers are essentially the decision makers when it comes to the nutrition, physical activity and health needs of their children. Not only do I want to help further my fellow school and family member's education on staying active, fit and healthy, I want them to learn healthy habits to pass onto our future generations. I want to be a leading role model for healthy living for my family, a leader for health awareness for my fellow school members, and a helping hand in my community efforts to help kids stay active and gain a healthy diet.

First, I want to be an influence on my family. It's true that my family does eat some what of a healthy diet, but that is usually only when my mom cooks. For me I believe it would just be as simple as making the healthier choice. For example, I can help my mom grocery shop to find the most nutritional and healthy choice over her regular picks. I can also pick out a couple of healthy well balanced meal recipes and test them out with my family. In my family, I'm truly the only one that stays active on a regular basis. To get my family active I am going to try to get everybody in their niches so they can do what they love while staying active!

Second, I believe a health fair would do great works for my fellow class members and even the kids in lower grades. Not only do I think there should be vendors there advertising great health and fitness products, I think there should be activities for each booth. Some examples may include a local boy's baseball organization providing a batting cage to hit a couple balls in, a fitness club with an ongoing kickboxing class, or even a cook's booth promoting their healthy cookbook by providing samples from it. The

booths would defiantly vary, but would all have a strong common purpose; to get children active and in a healthy diet.

Last, to help my community's kids to live a more active and healthy lifestyle I want to offer guidance at local community kid's community center! Being a role model not just for the health part of their life, but also for their personal would set a firm foundation for trust. In order to make a difference with the kids at the community center I need to gain their respect. I would bring them healthy snacks and teach them the differences between the healthy ones and the snacks filled with sugars, carbohydrates, and additives. It would be my role to show them a healthy and active approach on life. Getting them involved in physical activities and sports as well as participating with them in some would also be a great leadership quality a role model needs to pertain.

In conclusion, sadly, most children in the U.S. are lacking critical nutrients in their diets and are not getting enough physical activity according to the ADA. I feel it's my place to step up and try to make a difference in not only my family and school's lives, also my community's kid's lives. By incorporating a healthier spin on dinner with my family, organizing a health fair for my school, and being a healthy and active role model for my community's kids, I plan to take a huge step to helping the kids around me. A quote by Henri-Frederic Amiel states, "In health there is freedom. Health is the first of all liberties." The youth of America needs to know their health comes before everything else and affects everything that they do. My goal is to spread the news!