

**HEALTH
AND
FITNESS
TALK**



HOW CAN DADS HELP THEIR CHILDREN TO BE HEALTHY AND FIT?

SOCIETY OFTEN TELLS MOTHERS TO
PLAY AN ACTIVE ROLE IN CARING FOR
CHILDREN'S HEALTH CARE,

BUT FATHERS AFFECT THEIR
CHILDREN'S HEALTH AND FITNESS AS
WELL!

**FOR MORE INFORMATION ON WHAT DAD'S
CAN DO TO SHAPE THEIR CHILDREN'S
HEALTH AND WELL- BEING VISIT:**

WWW.DADSANDKIDSHEALTH.COM

 @DadsKidsHealth

**TIPS,
DISCUSSIONS,
RESOURCES &
MORE!**