**Teaching Family-Centered Healthy Cognitions and Behaviors Online**

**An Online Approach: Engaging the Family in Healthy Behaviors**

- Based upon theoretical framework:
  - Through role-modeling, a parent's behaviors and beliefs concerning health may directly influence a child's behavioral choices.
  - A parent has the ability to increase a child's self-efficacy in healthy behaviors by providing 11 opportunities for their child to perform a healthy task successfully, 2) by role-modeling healthy behaviors, 3) by giving verbal encouragement and praise, and 4) by minimizing the child's perceived stress level when engaging in new tasks. The consequences from childhood obesity may be physical, psychological, and emotional.
  - An online program was created to assist parents in role-modeling healthy behaviors to children. The program was intended to engage the entire family in healthy behaviors, and to increase a child's self-efficacy in their ability to make healthy behavioral choices in the future. An online format was chosen to allow a parent or caregiver to access the program information and lesson plans in an easy, and cost-effective manner.

**Fitness. Fun. Family: A Way to Educate, Engage, and Energize the Family**

- What is the Fitness. Fun. Family. Program?
  - The Fitness. Fun. Family. program is a 12 segment guide for parents and children who wish to enhance their skills in engaging in healthy behavioral choices together. Each part of the program introduces a skill which will aid in this process through worksheets, activities, and engaging videos which the parent and child utilize together. The program may be completed at a pace which is comfortable for the parent/child.
  - Several lessons taught include: SMART goal-setting as a family, positive affirmations and self-talk regarding healthy behaviors, nutritional and physical activity recommendations, and so forth.
  - Examples of lessons provided online below:

**References**