



Moms, Daughters and Health

REPORTER: MOMS ARE POWERFUL ROLE MODELS FOR DAUGHTERS, ESPECIALLY FOR HEALTH AND NUTRITION. I'M RISE JILL MILLER.

THE LIKE MOTHER LIKE DAUGHTER HEALTH LEGACY SUMMIT BROUGHT TOGETHER AN ESTEEMED PANEL OF MOMS, DAUGHTERS AND HEALTH EXPERTS INCLUDING JENNA BUSH HAGER AND FAMILY CIRCLE EDITOR-IN-CHIEF LINDA FEARS, TO DISCUSS THE IMPORTANT ROLE MOMS PLAY AS THEIR CHILD'S HEALTH AND NUTRITION ROLE MODEL, INCLUDING RESEARCH THAT SHOWS WHEN MOMS DRINKS MORE LOWFAT MILK, THEIR DAUGHTERS ARE LIKELY TO DO THE SAME

FAMILY CIRCLE EDITOR-IN-CHIEF LINDA FEARS:

FEARS: "AS MOMS, WE NEED TO REALIZE HOW MUCH INFLUENCE WE HAVE, ESPECIALLY IN HELPING OUR DAUGHTERS ESTABLISH HEALTHY RELATIONSHIPS WITH FOOD. FROM THE FOOD AND BEVERAGES WE PUT ON THE TABLE TO OUR OWN RELATIONSHIP WITH WEIGHT AND EATING, MOMS ARE POWERFUL ROLE MODELS FOR A GENERATION OF HEALTHIER GIRLS."

REPORTER: WITH AWARENESS, KNOWLEDGE AND SKILLS, MOMS CAN PASS ON NEW LEGACIES OF HEALTHIER FOOD AND BEVERAGES, BODY RELATIONSHIPS AND MORE PHYSICAL ACTIVITY TO DAUGHTERS, AND ALL FUTURE GENERATIONS. FOR MORE ON ROLE MODELING HEALTHY BEHAVIORS , VISIT FACEBOOK DOT COM SLASH MILKMUSTACHE OR WHYMILK DOT COM.

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