



Go out for a cycle ride with the children (but don't forget the helmets!)

energetic and fun. These are the ideal characteristics of a father as a healthy role model.

### Maintain your independence

10 Over time, poor diet and exercise will inevitably take its toll on your body and

mean you will rely more on others – Doctors, partners, etc (don't you just hate relying on others for anything?!). Sensible diet and exercise will help you retain independence, staving off reliance on others. Think about it.... Your kids see you maintain your independence.

They'll see you value this, value it themselves and work towards the same. Chances are they'll then be out of your house and out of your hair that bit sooner. Remember, if you don't take control, your kids will think it's okay to be lazy and end up relying on you for longer.

### Effective Instruction

11 First, let's consider things that some consider to be effective instruction, but which aren't...

- Instructor and learner lifting cans of drinks to lips in unison.
- Simultaneously moving to retrieve TV remote control from coffee table.
- Watching every screened football match on TV.
- A family meal out: pizza and chips.

12 Whereas, effective instruction might include:

- Playing football in the park at weekends.
- Going for a cycle ride together on a summer's evening.
- Sharing responsibilities for barbecues of chicken and salad.
- Walking together two evenings a week.
- Taking turns to cook porridge in the mornings.

### Instruction about appetite

13 Learner drivers need to understand the basics about weight management, and more often than not, it's about appetite control. Using the right fuel at regular intervals (eg, 3 main meals and 3 snacks) gives greater control over appetite and is essential to avoid overloading. This message is really worth stressing to learners.

### When they're young

14 Pram walks can be dull. You've got to feel good about the occasion. Provide yourself with an incentive. Make a beeline for a pub that's about 20 minutes away. Fresh air and the promise of a pub lunch (say a wholemeal BLT and a glass of wine) – that should do it.

15 When you're walking, do your pelvic floor exercises. This will not only help relieve boredom, but also boosts circulation to the prostate (important to help prevent cancer), and because it increases blood-flow to that area, can significantly improve erectile function!

### Driving together

16 You don't have to spend every

weekend on walking expeditions together in the Pennines. Much better is a 20 minute walk to the shops during the week, or an hour in the park on a Saturday with a football.

17 Say it's 7 o'clock in the evening. You've all had your tea, Coronation Street doesn't start for half-an-hour and there's certainly nothing worth watching until then. Okay, so you've been told you need a pint of milk for the morning (semi-skimmed of course). Now you could ask the oldest child to make the two-minute walk to the newsagent's. Or you could drive yourself. Or you could suggest that the you and one of the kids go together and aim for the supermarket, which is a bit further, a 20-minute round walk. One of these options will give you the chance for some quality time with your sprog, as well as giving you both some exercise. "But what if it's raining?" Umbrella and boots make it a bit more of an adventure (for the kids, of course, not you, you wuss!)

### The new trucker's breakfast

18 On a Saturday morning, why not treat yourself and the kids to a proper English 'trucker's' breakfast? Poached egg, grilled back bacon, tomato, and microwaved mushrooms on wholemeal bread, accompanied by a glass of orange juice.

### Understanding women drivers

19 As boys ourselves, we can be ill-equipped to know what motivates girls to buy into this sensible diet and exercise stuff. You may well need to spend additional time talking with the female learners to find out where they're at.

### Music

20 Music is a cheap and entertaining way of keeping fit. How does that work, you may ask. Well at the very least it's a distraction from eating. Once you start strumming a guitar or singing, time tends to pass pretty fast, and before you know it you've spent a couple of hours with no thought about re-fuelling.

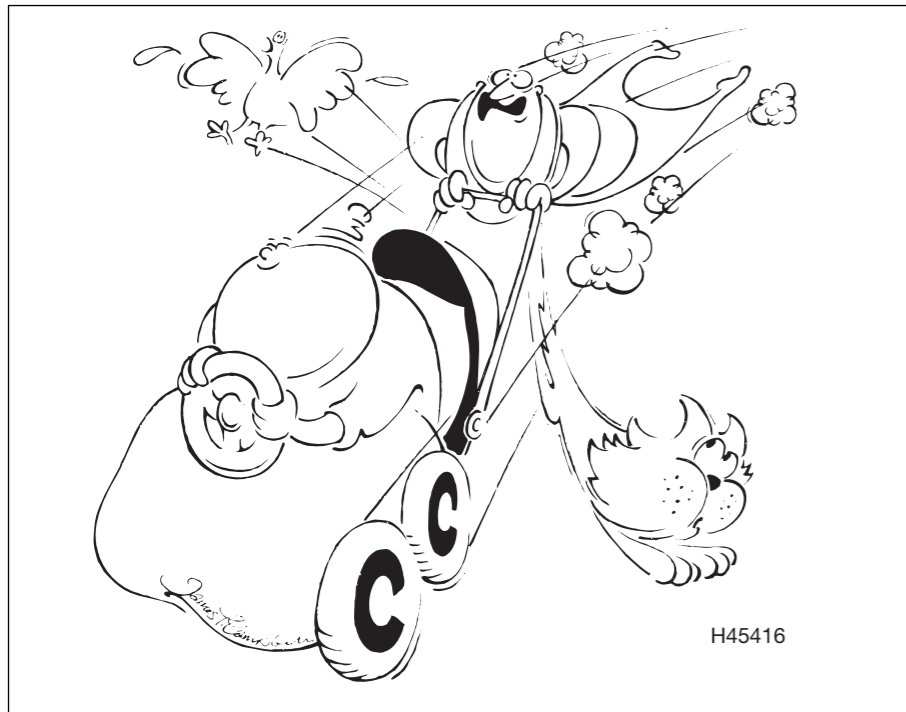
### Fuel preparation

21 Cooking is one of the most pleasing activities in which to involve kids. There's nothing like filling the kitchen with the fragrance of homemade oatmeal biscuits. Also, you'll be amazed at how



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Nothing on telly? Go for a walk



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Pram walks don't have to be totally dull

### Distraction tip – what about a guitar?

Do you know any Beatles' songs? The kids might know one or two. The guitar is a cool instrument, and you don't have to be Eric Clapton to become a pretty competent player. A second-hand guitar can be bought for about £30, and once you've bought a couple of good music books, there is very little on-going additional cost. There are some good Beatles guitar books out there. Get some advice, but you'll find that most of these start with simple stuff and move on to the more complex pieces, but the beauty of this is you learn at your own rate. If there's someone you know who plays already – they'll be a help, but with the right book you'll be amazed at how quickly you get going with it and the kids'll be well impressed. Even just 10 minutes a day – you'll be strumming Yellow Submarine in a fortnight. Once you've mastered Beatles, the rest will follow. At Christmas time, carols are easy to master and are a must.



Making music takes your mind off food, at the very least