

Why **Active Fathers** Are **Great for Fathers**

When dads show up for their kids, they gain just as much in return.

- ✓ Experience greater happiness in daily life
- ✓ Enjoy improved physical and emotional well-being
- ✓ Have longer life expectancy
- ✓ Feel a stronger sense of self-worth
- ✓ Get more involved in local events and causes
- ✓ Actively participate in civic and volunteer groups
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Being an Involved Dad Encourages Men to:

- Embrace a more positive and healthy form of masculinity
- Cut back or quit alcohol and drug use
- Seek out steady, reliable employment
- Make smarter financial decisions and build savings
- Deepen emotional bonds with their partners and children

