

## **PARENTS, did you know that...**

- One out of five children in the U. S. is overweight.
- 300,000 deaths occur each year due to unhealthy weight gain from poor diet and lack of exercise.
- The average child spends 24 hours each week watching TV!
- Children today have a shorter life expectancy than their parents.

## **Obese children are at risk for a number of conditions, including:**

- **High cholesterol**
- **High blood pressure**
- **Early heart disease**
- **Diabetes Mellitus**
- **Bone problems**
- **Breathing problems**
- **Difficulty sleeping**
- **Depression**
- **Anxiety**

## **How Do You Know if Your Child Is Overweight?**

The best person to determine whether or not your child is overweight is your child's doctor.

## **How Can You Help Your Child?**

- If your child is overweight, be supportive.
- Focus on gradually changing the family's physical activity and eating habits. By involving the entire family, everyone is taught healthful habits and the overweight child doesn't feel singled out.
- Lead by example. If your children see that you are active and having fun, they are more likely to be active and stay active for the rest of their lives.
- Plan family activities that provide everyone with exercise, like walking, biking, or swimming.
- A healthy diet is not only what your child eats, but how much. All children should eat regularly, including healthy snacks. If your child is overweight, the advice of a health professional is important.
- Reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games.



**Fit**  
from the  
**start**

[WWW.HEALTHYSCHOOLDISTRICTS.GOV](http://WWW.HEALTHYSCHOOLDISTRICTS.GOV)

Hang this erasable reminder in your kitchen and use a dry erase marker or crayon to mark the days your child ate well and the days they exercised.



# I eat healthy

SUN. MON. TUE. WED. THUR. FRI. SAT.

**Grains**  
2 -2½ cups

**Vegetables**  
1 ½ - 2 cups

**Fruits**  
1 ½ cups

**Milk**  
2 cups

**Meat & Beans**  
3-4 ounces

	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
Grains							
Vegetables							
Fruits							
Milk							
Meat & Beans							

TOTAL PER DAY



Preschool children should eat a variety of foods daily. Serving sizes will vary by age and food.

# I play

SUN. MON. TUE. WED. THUR. FRI. SAT.

Running

Walking

Park-Playground

	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
Running							
Walking							
Park-Playground							

In addition to the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle the physical and emotional challenges that a typical day presents.

