



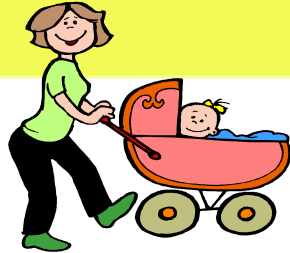
# Fit Families = Healthy Families



Is your child at risk for being overweight?

Your child could be at risk if he or she:

- Spends two or more hours a day watching TV & playing video games.
- Has one or more parents that are overweight.
- Lacks physical activity. Kids need to move!
- Often eats foods high in fat and sugar.
- Drinks two or more sweetened drinks a day.



Involve the whole family in physical activities!

- Go for a picnic in the park!
- Try going for bike rides on Sundays!
- Teach your child a new sport. Play a game of catch!
- Take the dog for a walk!
- Walk to school!
- All can help do yard work and clean the house!



You can decrease your child's risk!

Here's how:

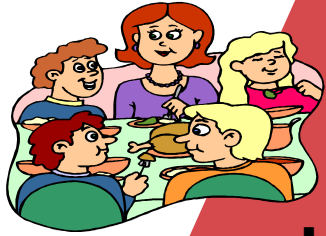
- Limit TV & video game time to less than two hours every day.
- Be a healthy role model. Be active and eat healthy WITH them.
- Encourage active play on a frequent basis.
- Provide kids with snacks that are fun to make and healthy too!
- Offer kids water often!



Promote healthy eating as a family!

- Keep meal times pleasant!
- Provide whole or mixed grain breads, cereals, etc.
- Don't force feed!
- Eat fruits and vegetables of many colors!
- Eat as a family at the table or at least sit with your child when he or she eats!





## Practice these tips in making meal time a **shared responsibility!**

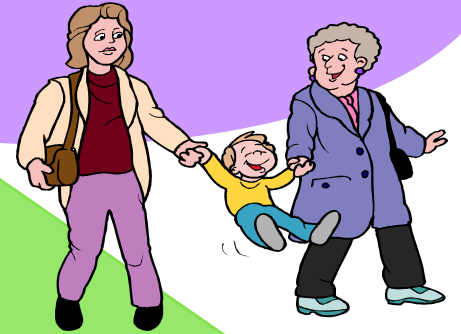
- 1<sup>st</sup> – Parents pick what foods are served.
- 2<sup>nd</sup> – Parents decide **WHERE** and **WHEN** foods are offered.
- 3<sup>rd</sup> – Kids choose **WHICH** foods you eat and **HOW MUCH** you want.
- 4<sup>th</sup> – Parents, start with small servings. Give seconds if kids want them. They can also choose not to eat the foods at all



# Your Family Can Do It!



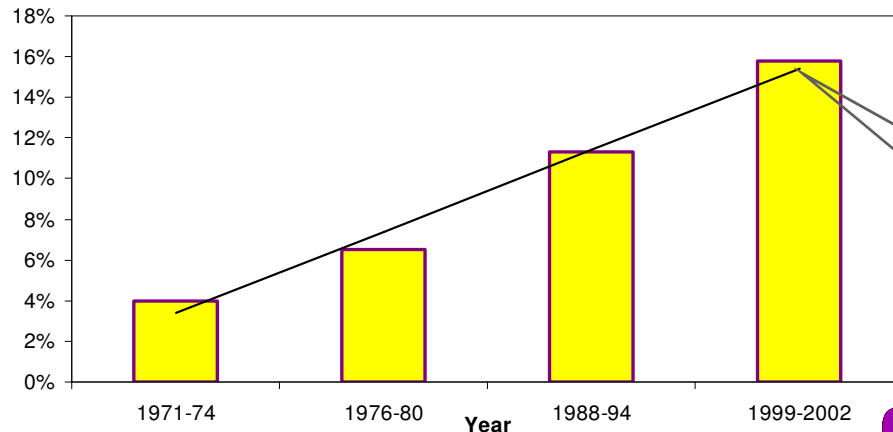
# Fit Kids = Happy Kids!



## The facts about childhood overweight:

- Kids are at greater risk for being overweight adults.
- Risks for heart disease and diabetes go up.
- Children often have poor self-esteem and can become depressed.
- It is being described as an epidemic!
- The rate of overweight children has tripled in 30 years!

U.S. Increase in Overweight Children, 6-11 years old



Help your child **AVOID** this trend!



# Small Changes Make Big Differences!

Adapted from various references by the Northern Illinois University Community Nutrition Students: J. Albig, S. Kalivas, A. Kiederlen, J. Klepal, V. Lane, S. Miller. May, 2006. For questions or permission to use, email Amy D. Ozier PhD, RD [aozier@niu.edu](mailto:aozier@niu.edu) or call 815-753-6343