

Be Healthy

Be Happy

Be Active



BEATING OBESITY



Childhood Activity Helps Fight Adult Obesity

As a parent, you want to make sure that your child has the best opportunity for success. One way to accomplish that goal is by fighting obesity through activity. Research shows that overweight kids become overweight adults. With obesity on the rise, make sure that you are providing your kids with

**Healthy Kids
are Healthier
Adults!**

solid opportunities for activity. Structured play time and limiting sedentary time will give your child the boost they need to fight back against obesity.

It's Never Too Early

So, how soon do you begin to focus on physical activity for kids? The sooner you start the better! In fact, structured activity should be a factor for parents when choosing programs as early as preschool. Age six is a critical time for kids to gain fat, so parents should make sure that they ramp up physical activity and limit sedentary time. As a parent, find organizations that promote physical activity.

When choosing programs in which your child will participate, make sure:

1. The curriculum supports active lifestyles and is age specific
2. There is plenty of space for activity
3. There is adequate equipment for structured play
4. The organization wants to partner with parents to achieve success

Get Off The Couch and Get On Board

It's never too late to get in shape. Just because research shows that obesity is on the rise that doesn't mean that you can't fight it...and win! A great way to get your kids active, is to be active with them. Find activities that you and your kids can participate in together. From family fun runs to ultimate frisbee, there are a million activities that can benefit your whole family!

Don't Be A Statistic!



Studies show that less than half of high school students participate in the suggested amount of physical activity recommended by the Center for Disease Control. Don't be a statistic!