

Title: Childhood Obesity: Three Steps to being healthier together

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Abstract:

Childhood obesity is a growing problem which many families struggle with. This handout addresses three steps which families can take to improve their family's health and decrease their child's body fat. It is a combination of increased physical activity, decreased TV and computer time, and better food choices along with close monitoring and support by physicians and other professionals which has been most successful in improving an obese child's health. It is important for obese children to be closely monitored by their physician. A team approach should be used including obtaining help from physicians, dietitians, exercise physiologists, and social workers.

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## For More Information

We Can Program for  
Childhood Obesity:

<http://wecan.nhlbi.nih.gov>

This program has lots of helpful information including a BMI calculator, healthy cooking recipes, healthy snack ideas, physical activity suggestions, and much more

## Childhood Obesity: 3 steps to being healthier together



Information for parents  
and children on  
tackling obesity

## Step 1:

### Being More Active



- ✓ Limit time spent watching TV, playing video games, using the computer
- ✓ Spend time each day being active as a family such as going for a walk, playing outside, going for a bike ride, going swimming, going to your local gym



## Step 2:

### Eating Well



- ✓ Choose foods which are low in fat, calories, and sugar such as vegetables, fruits, lean meats, and whole grains
- ✓ Choose foods which are brightly colored such as fruits and vegetables
- ✓ Decrease the portion size of the food



## Step 3:

### Getting more help



- ✓ Change is hard. Start slowly and keep working at it
- ✓ Visit with your child's doctor often including when you have problems or questions
- ✓ There are lots of people who want to help, so just ask!

