



OVERWEIGHT KIDS: Help Your Child Make Healthy Choices

1. Put at least 1 hour of physical activity into your child's day.

It doesn't have to be 60 minutes all at once – it can be shorter activities that add up to 1 hour. Fun activities that children do on their own are best. Playing tag or hide-and-seek is a great way to get moving.

Be sure your child is doing different types of activity, including:

- *Aerobic activities*, like running, skipping, or dancing
- *Muscle-strengthening activities*, like climbing trees or playground equipment
- *Bone-strengthening activities*, like jumping rope or playing basketball

2. Limit screen time to 2 hours or less per day for kids age 2 and older.

Set clear rules about when and how long your children can watch TV or play video games. Track how much time your family is spending in front of the TV and/or computer. Keep the TV out of your child's room.

3. Shop, cook, and plan for healthy meals.

Buy and serve more fruits, vegetables, and whole grain products. Here are some tips and ideas:

- Read the nutrition label on packages to help you make healthy choices.
- Let your child pick out healthy foods to try.
- Give children age 2 or older fat-free or low-fat milk or water instead of soda or juice. Children under age 2 can drink whole milk.
- Get tips on how to lower the calories and fat in family meals and snacks.
- Help children know when they've had enough. Give your kids a chance to stop eating when they feel full.

4. Sit at the table, and eat together as a family.

Studies have shown children eat more fruits and vegetables and less junk food when families eat together. Plan healthy, affordable meals and enjoy them as a family. Let children help shop for healthy foods, prepare meals, and set the table.

5. Don't forget breakfast.

Skipping breakfast can make your child hungry, tired, and more likely to snack on junk food later in the day. Give your kids whole-grain cereal with non-fat milk and fruit instead of sugary cereal.