

## ***Encourage daily physical activity***

Like adults, kids need daily physical activity. Here are some ways to help your child move every day:

- Set a good example. If your children see that you are physically active and have fun, they are more likely to be active and stay active throughout their lives.
- Encourage your child to join a sports team or class, such as soccer, basketball, or gymnastics at school or at your local community or recreation center.
- Be sensitive to your child's needs. If your child feels uncomfortable participating in activities like sports, help him or her find physical activities that are fun and not embarrassing.
- Be active together as a family. Assign active chores such as making the beds, washing the car, or vacuuming. Plan active outings such as a trip to the zoo or a walk through a local park.

Because his or her body is not ready yet, do not encourage your pre-adolescent child to participate in adult-style physical activity. FUN physical activities are best for kids.

Kids need a total of about 60 minutes of physical activity a day, but this does not have to be all at one time. Short 10- or even 5-minute bouts of activity throughout the day are just as good. If your children are not used to being active, encourage them to start with what they can do and build up to 60 minutes a day.

### ***FUN physical activities for your child to try:***

- Riding a bike
- Climbing on a jungle gym
- Swinging on a swing set
- Jumping rope
- Bouncing a ball



## **Helping Your Overweight Child To Be A Healthy Child**

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KSU 2009

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Healthy eating and physical activity habits are key to your child's well-being. Eating too much and exercising too little can lead to overweight and related health problems that can follow children into their adult years. You can take an active role in helping your child and your whole family learn healthy eating and physical activity habits that can last for a lifetime.

### ***Is my child overweight?***

Because children grow at different rates at different times, it is not always easy to tell if a child is overweight. If you think that your child is overweight, talk to your health care provider. He or she can measure your child's height and weight and tell you if your child is in a healthy range .



### ***How can I help my overweight child?***

Involve the whole family in building healthy eating and physical activity habits. It benefits everyone and does not single out the child who is overweight.

### ***Encourage healthy eating habits***

- Buy and serve more fruits and vegetables. Let your child choose them at the store.
- Buy fewer soft drinks and high fat/high calorie snack foods like chips, cookies, and candy.
- Eat breakfast every day. Skipping breakfast can leave your child hungry, tired, and looking for less healthy foods later in the day.
- Plan healthy meals and eat together as a family. Eating together at meal times helps children learn to enjoy a variety of foods.



- Offer your child water or low-fat milk more often than fruit juice. Fruit juice is a healthy choice but is high in calories.

- Start with small servings and let your child ask for more if he or she is still hungry. It is up to you to provide your child with healthy meals and snacks, but your child should be allowed to choose how much food he or she will eat.

### ***Healthy snack foods for your child to try:***

- Fresh fruit
- Fruit canned in juice
- Small amounts of dried fruits such as raisins or apricots
- Fresh vegetables such as baby carrots or tomatoes
- Reduced fat cheese or a small amount of peanut butter on whole-wheat crackers
- Low - fat yogurt with fruit

