

Did You Know?

- Schools play a critical role in providing a safe and supportive environment with policies and practices that support healthy behaviors?
- Parental control over children's eating habits might lead to poor self-regulation of kids' energy intake?



Tips for a Healthy Lifestyle



Activities:

- Jump Rope
- Hopscotch
- Bike Riding
- Hula - Hooping
- Taking a Walk

Healthy Snacks:

- Pretzels
- Bananas & peanut butter
- Carrots and ranch
- Strawberry smoothies
- Crackers & Cheese

How Can Parents Help?

- ❖ Be supportive
- ❖ Encourage your child/children
- ❖ Be a role model, they look up to you
- ❖ [Click here for parent tips](#)

How Can Schools Help?

- ❖ Provide a strong education about child obesity and teach them the health benefits/prevention

Health Effects:

In the long term the children who are obese will have a higher risk for cardiovascular disease such as high cholesterol, or high blood pressure

Children who are obese have a higher risk of becoming an adult with..

- Heart diseases
- Type 2 diabetes
- Stroke
- Types of cancer



Childhood
Obesity:
shaping
the
future



Background Information

- Nearly one third of youths are overweight or obese
- Child obesity alone is responsible for \$14 billion direct medical costs
- Overweight children have a 70% chance of becoming overweight adults; 80% chance if their parent is overweight.



Child Obesity

By: Emily and Alexa

My STAR Chart



Strive To Achieve Results



<u>Monday</u>							
<u>Tuesday</u>							
<u>Wednesday</u>							
<u>Thursday</u>							
<u>Friday</u>							
<u>Saturday</u>							
<u>Sunday</u>							

*How many healthy snacks have you eaten this week?

*How many exercise minutes have you completed this week?

*How many hours of TV have you watched this week?

Exercise Activities

- Jump rope
- Kickball
- Hula hoop
- Freeze tag
- Bike rides
- Soccer
- Knock out
- Volleyball
- Hopscotch
- 4-Square
- Pogo stick
- Jump on a trampoline
- Chalk on a sidewalk
- Walk your dog
- Frisbee
- Swing
- Football
- Scooter rides
- Swimming
- Tag

Healthy Snack Ideas

- Carrots
- Apples with peanut butter
- Cheese and crackers
- Strawberries
- Apples
- Bananas
- Watermelon
- Grapes
- Yogurt
- Celery with peanut butter
- Pretzels
- Almonds and cranberries
- Goldfish
- Cheese sticks