

OBESITY

PREVENTION TIPS... DID YOU KNOW?



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- A difference of one 12 oz. soda (150 calories) or 30 minutes of brisk walking most days can add or subtract approximately 10 pounds to your weight each year.
- You don't need special skills or training to be physically active. Walking is a great way to be active!
- Remember: take SMALL steps on the road to healthier you. For example, try walking up the stairs instead of the elevator.
- Start drinking 1% or skim milk instead of whole milk. These small steps can add up over time and make a BIG difference.
- Make a healthy lifestyle a family affair; everyone can benefit from good nutrition and physical activity.
- For physical activity, select activities that you and your family ENJOY and can fit into your daily life. It may be as simple as turning on the radio and dancing for 30 minutes.
- Be physically active for at least 30 minutes (adults) or 60 minutes (children) on most days of the week.
- Try not to make your child feel different if he or she is overweight, but focus on gradually changing your family's physical activity and eating habits.
- Weight control and health living must be considered a lifelong effort, remember it is a marathon not a sprint.
- If you must eat fast food or at restaurants, try ordering from the kids menu and skipping soda.
- Be a role model for your child and others in your community with a healthy lifestyle.
- Fill your plate with plenty of vegetables and fruits at each meal.
- Go easy on fried foods, try baked or broiled foods.
- Limit white foods (rice, bread, potatoes, pasta); try brown versions of these foods instead.