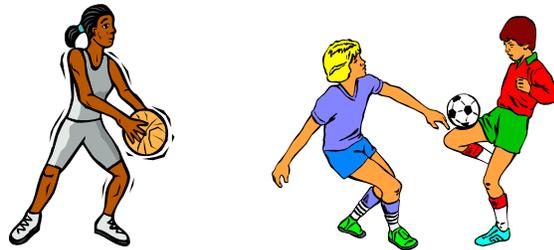


This handout belongs to:

Not enough physical activity can cause **weight gain**.

Children need at least one hour of physical activity a day.



Turn off the TV, computer and video games to give kids more time for active play. Limit screen time to no more than two hours a day.



Instead...play inside—like hide-and seek, dancing or playing with soft-foam balls. **Play outside**—with bikes, jump ropes, balls, skateboards, hopscotch and tag. **Play at the park**—when the weather is nice, take a picnic dinner and play before you eat. If it is safe, **walk to school**.



See other side for more tips for a healthy weight!

More Tips for a Healthy Weight:

1. Sugary drinks and 100% fruit juice can cause weight gain.

Instead, drink low-fat milk with meals and drink water with snacks. Limit 100% fruit juice to a small cup a day. You can help your child avoid sweet drinks by not keeping them in your home.

2. Do not allow endless snacking.

Follow a regular meal schedule for breakfast, lunch and dinner, plus one afternoon snack and a small bedtime snack if needed.

Snack ideas:

1/2 sandwich	cereal & low-fat milk
slice of plain pizza	fruit
carrots with dip	yogurt
tortilla or 4 crackers	pudding
with cheese slice	4 PB crackers

3. Eat most meals at home. Eat fewer fast food meals.

Fast food can be full of calories, fat and sugar. If you must eat out, follow these fast food tips:

Share a Super Size: By sharing a large order of fries, you will eat fewer calories, less fat and save money, too!

Rethink your drink: A 32-oz soft drink has over 300 calories, almost 1/2 cup of sugar and no nutritional value. Switch to low-fat milk or water.