

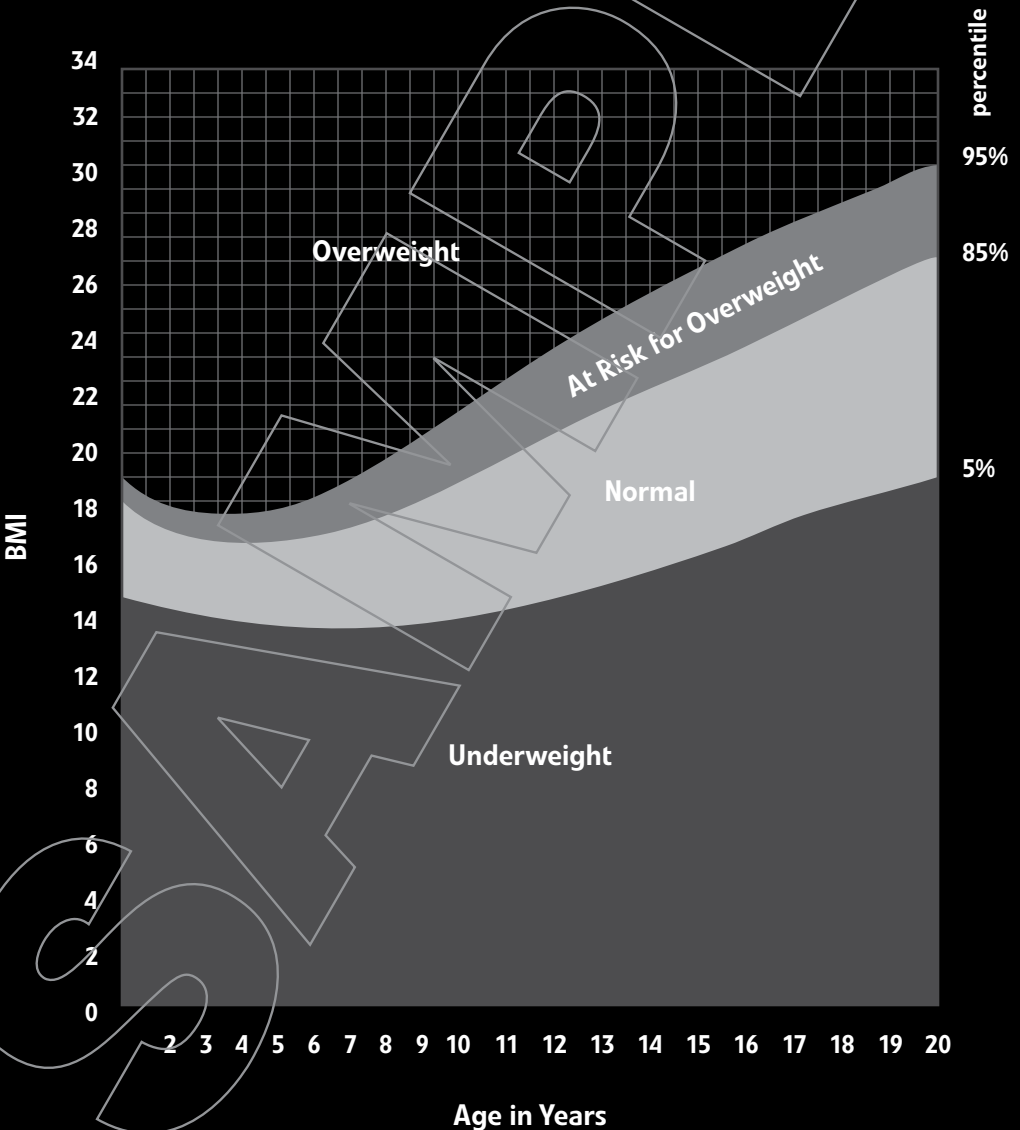
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BOYS: BMI AGE GROWTH CHART

To calculate Body Mass Index (BMI):

1. Multiply the weight in pounds by 703.
2. Divide the result from step 1 by the height in inches.
3. Divide the result from step 2 by the height in inches (again).



- **Muscular endurance.** The ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Activities: push-ups; sit-ups; Pilates; dancing; gymnastics; kick-boxing and martial arts.
- **Flexibility** – The ability to move joints and use muscles through their full range of motion. Activities: sit-ups; swimming; Pilates; yoga; gymnastics; stretching; gardening; swinging.

WHAT PARENTS CAN DO TO GET KIDS MOVING

It seems as if today's trends are conspiring to encourage kids to eat larger-sized portions and spend more time in front of the computer. The Department of Health and Human Services suggests that the first and most important step parents can take to get their children physically active is to limit screen time. Put a time limit on watching TV, playing video games and using the computer. You've likely heard it before, but how do you make it happen? The President's Council on Physical Fitness and the CDC share these tips:

- Replace sedentary activities with action. Turn off the TV and make time to play hide-and-seek; tag; Frisbee; ping-pong; dance; jump rope; hula-hoop – think outside of the box!
- Give your children equipment that encourages physical activity, such as a jump rope; hula-hoop; Frisbee; soccer ball; boxing bag, or bicycle.
- Allow your children to choose activities that appeal to them, that are age-appropriate, and to try different things. Experts say that the key to getting kids interested in exercise at a young age is to keep it fun.
- Take children to places where they can be active, such as public parks, community fields or basketball courts.
- Assign chores that require physical activity.
- When possible, bike or walk places rather than drive.
- Keep a family exercise log on the refrigerator to encourage everyone to take part.
- Keep in mind that short periods of exercise throughout the day – from informal play to more active, organized sports – is just as beneficial as long-form exercise. The goal is for children to achieve 60 minutes of activity a day.