

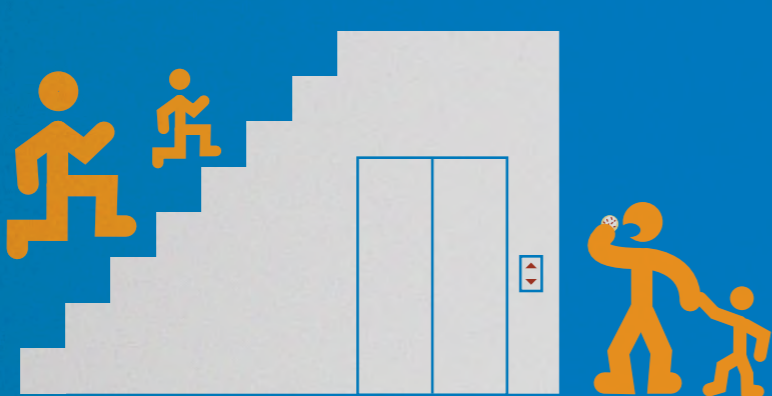
NEARLY
1 IN 3
CHILDREN IN AMERICA IS
**OVERWEIGHT
OR OBESE.**

WHAT CAN WE DO TOGETHER?

BE ACTIVE



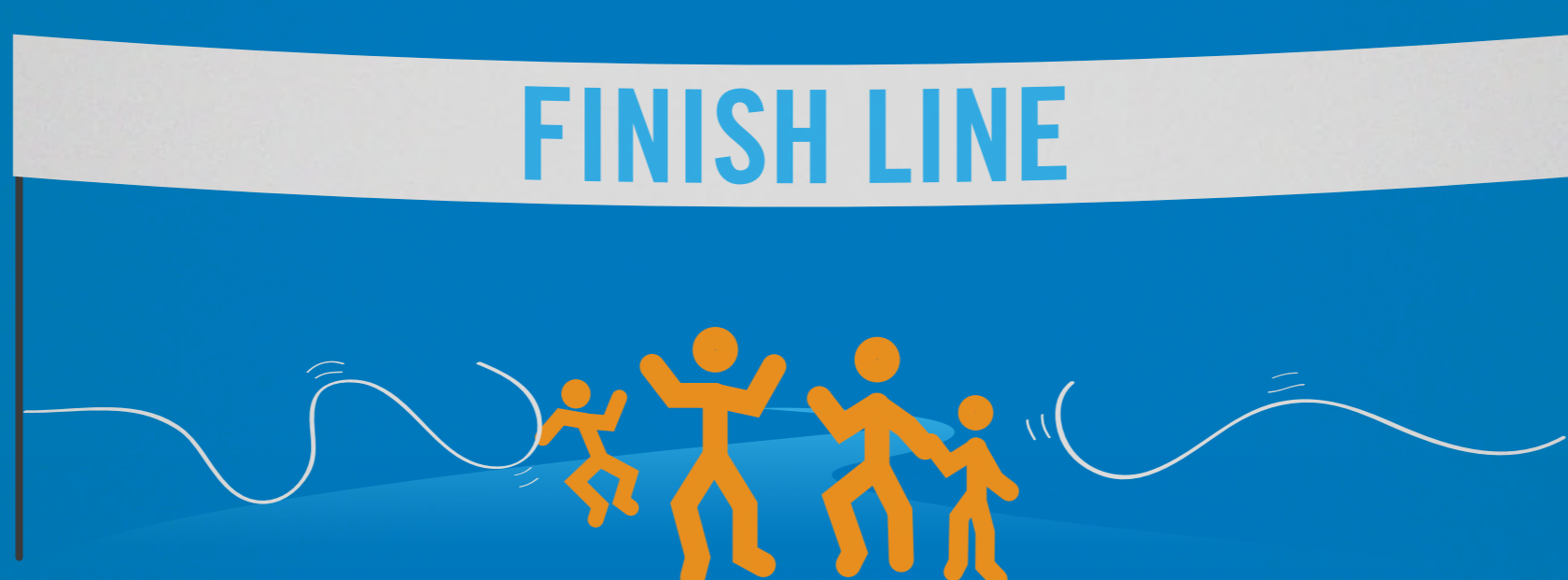
WALK INSTEAD OF DRIVE.



TAKE THE STAIRS INSTEAD OF THE ESCALATOR OR ELEVATOR.



DO YARD WORK. GET YOUR CHILDREN TO HELP RAKE, WEED OR PLANT.



TRAIN TOGETHER FOR A CHARITY WALK OR RUN.

EAT RIGHT



MAKE A LIST BEFORE GOING GROCERY SHOPPING.



EAT TOGETHER AS A FAMILY AS OFTEN AS POSSIBLE.



TRY A NEW FRUIT OR VEGETABLE WITH DINNER EACH NIGHT.



SERVE WATER OR FAT-FREE MILK AT MEALS.

CHALLENGE YOUR KIDS TO BE HEALTHY AND SEE WHAT THEY CAN DO!

HERE'S HOW

1

THINK ABOUT WHAT YOUR FAMILY EATS AND HOW ACTIVE THEY ARE.

2

START SMALL. TRY TO MAKE JUST ONE HEALTHY CHANGE EACH WEEK.

3

KEEP TRYING EVEN IF YOU HAVE CHALLENGES. BEING A GOOD ROLE MODEL WILL HELP YOU AND YOUR FAMILY BE HEALTHY.

we can!

BE ACTIVE. EAT HEALTHY. SEARCH "WE CAN" FOR MORE WAYS YOU AND YOUR FAMILY CAN GET HEALTHY TOGETHER.

