



# Out and About

As a parent/guardian, you are one of the most important people who shapes your child. You are a role model, and your child follows in your footsteps. Establishing regular physical activity at a young age has been shown to have many health benefits, such as:

- Controlling weight
- Reducing blood pressure
- Raising HDL (“good”) cholesterol
- Reducing the risk of diabetes and some kinds of cancer
- Improving psychological well-being, including gaining more self confidence and higher self-esteem

Along with the health benefits, there are numerous other benefits to physical activity. They include: an increase in concentration, memory, and good classroom behavior. Children who meet the daily requirement of 60 minutes per day of physical activity show an increase in all of these categories; therefore, they increase their test scores as well as increasing their grade point average.

## Energy in — Eating Tips

- ✚ Make smart choices from every food group, and choose foods low in fat and added sugars.
- ✚ Reduce portion sizes.
- ✚ Get the family involved with making meals; try low-fat cooking methods—grilling or baking.

## Energy out — Moving Tips

- ✚ Try walking, playing outside, or shooting baskets.
- ✚ Dance together, or roll a ball on the floor.
- ✚ Play and have fun together.

## Did you know?

- ✚ Being overweight increases your risk of developing many diseases.
- ✚ Losing a few pounds or preventing weight gain has health benefits.
- ✚ Eating fewer calories and moving more are keys to a healthy weight.

