

Healthy Kids, Healthy Weight, Healthy Lives

Today, 1 in every 3 children
and teens in the US is
overweight or obese.

Our current generation of
kids have a lower life
expectancy than their
parents due to obesity.

Children who are obese or
overweight are more likely to
become obese or overweight
as adults.



Parent Tips for Healthy Kids

- Children 6 and older need 60 minutes of physical activity every day, preferably outdoors.
- Kids should limit screen time to 2 hours or less per day (TV, computer, videogames)
- Help kids choose plain water, skim or 1% white milk, or 100% fruit juice instead of sugary beverages like soda.
- Walk or bike with your kids to school and to their activities.
- Model healthy behaviors for your kids and make fitness a family priority.

What is obesity?

Obesity is defined as too much body fat, which increases risk for health problems like high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.



Regular physical activity
decreases many risk
factors for heart disease and
contributes to overall quality of life.

Children and teens need
60 minutes a day of a
combination of:

- Aerobic
Exercise
(brisk walking, running)
- Muscle-Strengthening
Exercise
(pushups & sit-ups)
- Bone-Strengthening
Exercise
(jumping rope)
- Flexibility Exercise
(stretching)

For more ideas, go to
www.health.gov/paguidelines

Parent Tips for Healthy Kids

- Encourage your child to cook healthy meals with you. Take time to sit down and eat together.
- Have your child taste test new fruits and vegetables and find new favorites.
- Choose fruits and vegetables, whole grains, and nuts or seeds for snack time.
- Take family walks, hikes, and try new sports together. Play games outside instead of watching TV indoors.
- Talk about how making good choices like eating healthy foods and exercising, will help your child achieve a healthy weight.



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