

Put the breaks on childhood obesity

Be a positive role model

Watch your own lifestyle habits and how they may contribute to obesity in your child.

Get active

Walk or bike with the whole family.

Don't include eating with other activities

Don't eat while watching TV. Sit down to eat a meal, and then leave the table for other activities.

Try not to reward with food

Celebrate by playing a game or going to the park.

Limit television, video and computer time

Limit these activities to no more than one or two hours a day to avoid a sedentary lifestyle.

Set positive goals

Losing weight may be viewed as negative. Focus on a goal, such as being able to run for 20 minutes without getting tired.

These tips are intended as general information only.
Please consult your doctor for specific medical advice.



Preventive steps may help your child have a healthier future.

Visit Blue Access[®] for Members at www.bcbsil.com for more information about childhood obesity.



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