



# Center's Tip of the Month: Obesity Awareness Month

-- Tips for maintaining a healthy weight --

September is Childhood Obesity Awareness Month. Encouraging habits, such as eating nutritious food and being physically active, gives children the tools to build a healthy lifestyle at a young age. Take advantage of resources in your neighborhood, such as farmers markets and outdoor spaces, to facilitate incorporating these tips into your everyday life. Use these suggestions and resources to prevent unhealthy weight gain and keep your family healthy.



## Tips & Resources

### What can you do? Get moving.

- ◆ It is recommended that children get one hour of active play every day. Some ideas for increasing activity include:
  - ◇ Take advantage of your local parks and playgrounds.
  - ◇ Build physical activity into your daily routines. For example, try walking or riding a bike to school.
- ◆ Find local sports and dance programs at your child's school or local community center. If you live in New York City, find free or low cost fitness classes through [BeFitNYC](#).

### What can you do? Eat nutritious food.

- ◆ Replace prepackaged snacks with fruits and vegetables. Building fresh produce into your child's daily routine will keep them healthy and get them into the habit of eating nutritious food.
- ◆ Find your local farmers' market. Farmers' markets are a great place to buy local produce that is often grown with no or low-pesticides. When choosing your fruits and veggies, ask farmers about growing practices and select pesticide-free options.
- ◆ Eat a balanced diet! Eating the right balance of food groups is important for keeping a healthy weight.
  - ◇ Use the [USDA ChooseMyPlate](#) as a guide when planning your meals.
  - ◇ Try [USDA's MyPlate Kids' Place](#). There are games, activities, videos and songs to help children learn about healthy eating.

### What can you do? Get the whole family involved.

- ◆ Model healthy behavior. Demonstrate healthy habits by encouraging everyone in the family to eat a nutritious, balanced diet and be physically active.
- ◆ Get children involved in cooking. Teaching children how to cook is a great opportunity for them to learn about nutrition and spend time together.



Have questions? Want to learn more? Please email us at [cccehcolumbia@gmail.com](mailto:cccehcolumbia@gmail.com)!



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