The benefits of eating healthy and staying active are endless. Work together as a family to get healthy and stay healthy.

Create good health habits early.

Good nutrition helps your growing child’s bones, muscles and organs. A balanced diet will help give them what they need to grow up healthy.

Daily exercise will help your child stay at a good weight. Children who are overweight or at risk for becoming overweight can have more health problems such as diabetes, high cholesterol, high blood pressure or heart disease.

Help your child stay active.

- Children and adolescents should get one hour of physical activity daily.
- Do fun workouts together as a family. Walk the dog together, go on a bike ride, or play soccer or catch.
- Limit TV, screen time and video games to 1 to 2 hours daily for children 2 years and older.
- Use hobbies as a reward instead of food. When your family reaches a goal, go to the park together, play Frisbee, or dance to your favorite music.

Help your child eat healthy.

- Give your child healthy meals and snacks. Try fresh fruit, plain popcorn or pretzels. Cut up raw vegetables and keep them in water in the refrigerator. Remove high-calorie snacks from your house.
- Make healthy eating a family goal. Keep to a regular schedule for family meals. Try to eat together as a family.
- Teach older children to make their own healthy snacks like celery with peanut butter.
- Cut down on fast food. Avoid pizza, french fries, fried chicken and burgers. Instead, try the salad bar, a broiled chicken sandwich or a baked potato with low-fat toppings.
- Make sure your children eat a variety of fruits, vegetables and whole grain products each day.
- Choose lean meats, poultry, fish, lentils and beans for protein.
- Limit drinks with sugar.
Make good health a family goal.4

Parents are the best role models for their children. Be sure to eat right and stay active.

At the same time, do not fight with your child over food choices. Remind your child that he or she is loved, no matter what the scale says. Children who often are teased about their weight are at risk for low self-esteem and can get depressed.

We are here to help you.

Talk to your doctor or nurse about what you can do to help your family stay healthy. We are here for you, as well. We offer the Get Up and Get Moving! Family Food and Activity Book at no cost to our members. It’s filled with ways to help your family make healthy food and fitness choices. Call our Customer Care Center to request a copy. To find out more about healthy eating, call the 24/7 NurseLine, the 24-hour nurse help line, or the Centers for Disease Control and Prevention (CDC). You also can visit www.cdc.gov/nutrition/index.html, www.mypyramid.gov or www.mypyramid.gov/kids.


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