

Outrun Obesity: Help Kids Get on a Healthy Track with the **Good Health Club**



Eat 5 fruits and veggies every single day.



Limit screen time to 2 hours or less.



Get at least 1 hour of physical activity.



Limit sweetened drinks to 0.

Here's an easy way to remember healthy habits: **5-2-1-0.**

5: Tall and cool, Stretch is here to say, *"Eat 5 fruits and veggies every day!"*

- Give kids 5 servings of fruits and vegetables every day.
- Prepare more meals at home, as a family.
- Prevent diabetes, heart disease and many forms of cancer with a diet rich in fruits and veggies.

2: Hoot's wise advice is to get out and play, *"Turn off the TV and computer – get moving today!"*

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Avoid putting a TV in your child's bedroom.
- Encourage children to be physically active before allowing screen time.

1: Spark has just one rhyme she likes to say, *"Take an hour each day to go out and play!"*

- Get at least 1 hour of physical activity each day.
- Plan family walk time after dinner.
- Encourage kids to join a school sports team, club or dance class.

0: Flip, the thirsty frog says what he thinks, *"Stick with water and skip the sweet drinks!"*

- Avoid serving soft drinks or sweetened drinks to kids.
- Encourage water between meals because it helps kids feel full.
- Add fruit like lemons or limes to your water for better flavor.



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Outrun Obesity: Help Kids Get on a Healthy Track

Your child could be at risk for obesity. Find out why, and learn what you can do.

Get a quick sense of where your child stands.

Take a moment to answer these questions with your child.

Know for sure if your child is at risk.

Weight problems in children and adolescents are generally caused by not being active, not eating well, or a combination of the two, according to the U.S. Surgeon General. Genetics and lifestyle affect your child's weight, too.

Take a closer look at your child. Watch his or her habits at home. Talk to your doctor to determine if your child is overweight.

Sources: Adapted from the Centers for Disease Control and Prevention and Blue Cross and Blue Shield companies by the Blue Cross and Blue Shield Association.

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1. Does your child eat five or more fruits and vegetables per day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Does your child have a favorite fruit or vegetable that they eat every day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Does your child eat breakfast five times a week or more?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Does your child watch TV, videos or play computer games for two hours or less per day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Does your child take gym class or participate in sports or dance — in or outside of school — three or more times a week?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Does your child have a favorite sport or physical activity that they love to do?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Does your child eat dinner at the table with the family at least once a week?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Is your child's room a "TV-free zone?"	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Does your child eat meals at the table with the TV turned off?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Does your child drink water instead of soda, juice or other sweetened drinks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Total		

How did they score?

Add up the number of times you answered "No" to see your child's risk level.

1 – 5 "No's": Low to Medium Risk

6 – 8 "No's": High Risk

9 – 10 "No's": Very High Risk



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