

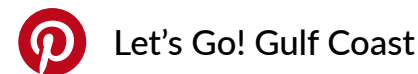
DID YOU KNOW...

- Childhood obesity puts kids at risk for serious health problems.
- Obesity is associated with increased risk of heart disease, stroke, high blood pressure, diabetes, and some types of cancer.
- The most effective way to incorporate lifestyle change with your family is to focus your efforts on one positive step at a time.
- It's never too early to teach your child healthy eating and fitness habits. Learning healthy habits now will lead to a lifetime of better health!



For more information, visit our website:
www.letsogogulfcoast.org

Don't forget to follow us on social media for daily tips, community events, healthy recipes and so much more!



Let's Go! Gulf Coast is a Program of the MS Gulf Coast Youth Health Coalition, a Fund of the Gulf Coast Community Foundation

Make Your Goal EVERY DAY!





EAT

Eat 5 or more fruits & vegetables every day!

- Try the three bite rule: offer new fruits and veggies different ways and try at least three bites each time. It can take 7-10 tries before you like a new food!
- Many fruits and veggies taste great with a dip or dressing. Try a low-fat salad dressing, Greek yogurt, or peanut butter.
- Make a fruit smoothie with low-fat or Greek yogurt.
- Get your family involved with meal planning and the preparation!
- Be a good role model for your family and have at least one veggie at every meal.



REDUCE

Cut recreational screen time to 2 hours or less a day!

- Screen time includes TVs, video games, computers, tablets and phones.
- No screen time for kids under 2.
- Enjoy mealtime as a family. Turn off the TV during mealtime and limit phone calls and texting.
- Use a timer! When the bell rings, then it's time to turn off the TV.
- Make a list of fun activities to do instead of being in front of a screen.
- Set some basic rules, such as no TV or computer before homework or chores are done.
- Keep TVs and computers out of the bedrooms. Set limits and know how much screen time your child is getting.



PLAY

Be physically active at least 1 hour every day!

- Take gradual steps to increase your physical activity levels.
- Do short amounts of activity several times a day until they add up to 60 minutes or more each day.
- Choose activities that you enjoy and that fit your lifestyle.
- Incorporate physical activity into your daily routine!
- Choose toys and games for children that promote physical activity.
- The more physical activity that you do, the greater the health benefits and the better you'll feel!



LIMIT

No sugary drinks. Drink more water instead!

- Encourage your family to love water! Serve it. Choose it. If it's there, people will drink it. Remember, water has zero calories!
- Be wary of commercials. Juice products labeled "-ade," "punch," or "drink" often contain mostly corn syrup sweetener and less than 5% real juice.
- Make water fun! Add mint, basil, cucumbers, berries, lemon, lime, or orange slices - try different recipes!
- Always try to choose eating whole fruits over drinking fruit juice.
- Avoid bringing sodas and sports drinks home. If it's not, then you don't have to worry about kids drinking it!

