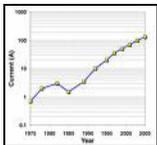




The term “overweight” refers to having excess body weight compared to age group standards. Obesity specifically addresses an abnormally high body fat percentage. Generally, obesity measures in children are not distinct from overweight measures and are routinely referenced together. Some professionals though have defined relative obesity in children as body weight 20% higher than healthy weight standards or a direct obesity measurement as a body fat percentage greater than 25% in boys and 32% in girls.

Current Trends



Obesity is on the rise for both adults and children. The percentage of overweight children has more than doubled in the past twenty years. Statistics show that there is more than a 50% chance of overweight children becoming overweight adults.

Energy Balance

To achieve balance, energy in must equal energy out. The amount of calories consumed through food and drink must equal the amount of energy expended in physical activity coupled with the body’s metabolic requirements. For children, it is important that a diet has sufficient calories for healthy maturation without an excess of calories and lack of physical activity.



Active Children

- ▶ Build & maintain healthy bones & muscles
- ▶ Reduce their risk of obesity & chronic diseases (diabetes, heart disease, several types of cancer)
- ▶ Build self confidence
- ▶ Reduce their incidence of depression & anxiety



Action Plan

- ▶ Encourage **60 minutes** of moderate to vigorous physical activity 5 or more days a week.
- ▶ Develop active play time as part of after school routine.
- ▶ Make healthy eating and physical activity a family affair!
- ▶ Take advantage of local city recreational opportunities. See COB “Connections” quarterly brochure.

Continued on back ▶



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone’s participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.**



ACTIVITY CHART FOR KIDS!



Make a list of your own ideas and put it on the fridge. Make reminders to yourself to get going and do fun, healthy activities everyday.

Don't spend more than **60 min. a day** in front of the TV, computer, or videogames.



Try being active for **60+** minutes per day! You don't have to do **60** minutes all at once. See how many 10 minute sessions you can do a day, or go for a 30 minute walk in the morning, and a 30 minute swim at night. And don't worry if this is all new to you, just slowly increase your activity time until you reach at least **60** minutes a day.

2-3 Times a Week



Leisure & Playtime

- Frisbee
- Going to the park
- Volleyball
- Hula Hoop
- Tag
- Swinging
- Going to the beach

Strength & Flexibility

- Gymnastics
- Canoeing
- Martial arts
- Pull-ups
- Push-ups
- Stretching
- Jumping Jacks



Aerobic Exercise

- Jogging
- Biking
- Swimming
- Running
- Dancing

Recreational Activities

- Tennis
- Soccer
- Karate
- Baseball
- Golf



3-5 Times a Week

Try to do some of these things every day!



- Walk somewhere instead of driving
- Play outside
- Help out mom or dad with some chores
- Shoot some hoops

- Walk the dog
- Race someone up the stairs
- Wash the car
- Sweep or rake the yard

