

COMMIT TO BE FIT

Prevent & Resolve Childhood Obesity

Childhood obesity rates in America have tripled.
Nearly one in three children in America is overweight or obese today.



(Olympic gold medalist Gabby Douglas:
Age 17)

What is obesity?

Obesity is defined as excess body fat.

How do we measure obesity?

Obesity is often measured by body mass index (BMI). BMI measures weight in relation to height and is a valuable tool to measure growth/development in relation to body fat.

Tips for Prevention:

- **Exercise:** Kids and teens (6-17) need to be active 60 minutes a day/5 times a week. (An alternative would be to count your steps using a pedometer.)
- **Eat right:** Each week focus on a healthy eating goal. You will feel better and give your body the nutrients it needs.

For more information visit: www.letsmove.gov

September is National Childhood Obesity Month...

Talk with your care team.