



# HEALTH CORNER

## SEPTEMBER 2014

### *Did you know?*

September is National Childhood Obesity Awareness Month!

Help your child – and your whole family – eat healthy and stay physically active. The healthy habits your child learns now can last a lifetime.

What can I do to help my child stay at a healthy weight?

Help your child stay at a healthy weight by balancing what your child eats with physical activity. Two of the best ways to prevent overweight and obesity in your child are to:

- Eat healthier foods
- Be more active as a family

By September, families have sent children back to school and started the kids on extracurricular routines. Before cold weather begins and busyness takes over, plan a few family activities. These activities are important for forming children's identities, creating structure for children and shaping social behaviors, according to the American Academy of Pediatrics. Take advantage of September's mellow aura to relax with fun activities.

Use September's pleasant weather for family activities outdoors. Have a picnic at a park, or sleep in tents in the backyard. Go on a bike ride or hike. Yard cleaning is necessary and will create memories by raking leaves, covering perennials and winterizing gutters. Grill an expensive dinner as a reward for hard work. Invite the extended family for a final game of softball. Divide the family into teams and send them on a scavenger hunt around the neighborhood.

Here are some additional resources:

<http://healthfinder.gov/NHO/SepResources.aspx>

<http://www.letsmove.gov/blog/2013/09/05/president-barack-obama-proclaims-september-2013-national-childhood-obesity-awareness>

<http://healthierkidsbrighterfutures.org/wordpress1>