

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH **WORKING**  
HEALTHIER TN

# A TIP FOR TENNESSEANS

September 26, 2017

## GETTING FIT WITH YOUR KIDS

In the not-too-distant past, high blood pressure, heart disease and type 2 diabetes were unheard of in children. Today, doctors are seeing these conditions in kids more than ever. One of the main culprits? Obesity. About one-third of kids in the U.S. are overweight or obese, a rate that has tripled since the 1970s.<sup>1</sup>

Here's the good news: you can do something about it. In celebration of [Family Health and Fitness Day USA](#), there are three steps that you could take to fight childhood obesity this month. Are you up for the challenge?

### PUT SOME FAMILY-SIZED FUN IN YOUR FITNESS STEP 1: MAKE HEALTHY EATING A PART OF EVERY DAY.

A healthier weight starts in the kitchen. Here are a few tips to make sure your child gets plenty of fruits and vegetables and less junk food.

- Ditch the candy and high-calorie snacks. Replace them with good-for-you goodies, like dried fruit or yogurt popsicles.
- Adjust portion sizes. [Check how much food your child may need](#) and adjust based on age.
- Plan your healthy meals ahead for the week. It'll help stave off the temptation of fast food.
- Eat meals as a family. Studies show family meals help kids eat more fruits and



### Family resources.

Being a parent or caregiver comes with a lot of questions as kids grow. Visit [kidcentraltn.com](http://kidcentraltn.com) for a wealth of information about child health, education, family support and state services that can help you and your kids live well. Also, check out [Healthier Tennessee's® Small Starts for Families™](#) tool for fun, simple ways to get healthier every day. The Small Starts for Families tool is available on any device so you can make healthy choices for the entire family at home or on the go. Visit [healthierTN.com](http://healthierTN.com) to start small today.



### QUICK LINKS

[Well-Being Account Sign In](#)  
[2017 Partnership Promise](#)  
[ParTNers for Health Website](#)



**24/7 NURSE  
ADVICE LINE:  
1.888.741.3390**

[Subscribe](#) to our email list

## STEP 2: GET THEM MOVING—AND MOVE WITH THEM!

Playtime and exercise are key for preventing diabetes, high blood pressure and heart disease.

- Sign up for a sport. Basketball, soccer, dance, gymnastics... the options are endless. They'll keep fit and make new friends.
- Limit screen time. Step away from the tablet and find time for outdoor play every day.
- Exercise with them. It will show your child that physical activity is part of daily life, no matter your age.

## STEP 3: SHOW SUPPORT

As a parent, you play a starring role in helping your child feel good and succeed on their weight loss journey. Here's how to show support:

- Be positive. Avoid making negative comments about anyone's weight, including your own.
- Celebrate small and big successes. Create reasonable goals, such as "jump rope for five more minutes than last week." Then, praise them with non-food rewards.
- Be a role model. Eat fruits and vegetables in front of your kids. Exercise with them. Get the whole family involved.



partnersforhealth@healthways.com • www.partnersforhealthtn.gov • 1.888.741.3390



You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



### References:

"Childhood Obesity Facts." Centers for Disease Control and Prevention, 25 January 2017. Web. 2 August 2017. | "Family Health & Fitness Day USA." FitnessDay.com. Web. 2 August 2017. | "Help Your Child Stay at a Healthy Weight." Healthfinder.gov, 25 July 2016. Web. 3 August 2017. | "Kids and Portion Control." Academy of Nutrition and Dietetics, 15 March 2017. Web. 3 August 2017. | "How Much Exercise is Enough?" KidsHealth.org, December 2016. Web. 3 August 2017. | "Childhood Obesity." Mayo Clinic, 17

Share this email



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

701 Cool Springs Blvd  
Franklin, TN | 37067 US

This email was sent to .

*Continue receiving our emails, add us to your address book.*