

# Sunday Morning

## *Health Corner*

# CHILDHOOD OBESITY



Did you know that 1 out of 3 kids are now considered overweight or obese? With this growing rate of America's children being overweight or obese, it is apparent that childhood obesity is a worldwide concern.

Just **60** minutes of active movement each day makes a world of difference to a child's health. Besides helping kids feel good about themselves, exercise and fitness:

**Here are some ways to combat childhood obesity:**

- ✓ Encourage healthy eating habits
- ✓ Provide plenty of vegetables, fruits and whole-grain products
- ✓ Include low-fat or non-fat milk or dairy products
- ✓ Choose lean meats, poultry, fish, lentils and beans for protein
- ✓ Encourage your family to drink lots of water
- ✓ Limit sugar-sweetened beverages

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