

Important Facts

1. A child that is overweight at 6 years old has a 50% chance of becoming an overweight or obese adult.
2. An overweight adolescent has a 70% chance of becoming an overweight or obese adult.
3. Research predicts this will be the first generation of children to lead shorter and less healthy lives than their parents.

Ten Recommendations

1. Do moderate to vigorous activity for at least 60 minutes each day
2. Get enough sleep to be healthy. A minimum of 10-11 hours of sleep per night is recommended for children.
3. Limit TV and non-educational video game/computer time to no more than 1-2 hours a day.
4. Children should never have TV, computer, video games or a cell phone in their bedroom.
5. Pay attention to portion size. Don't use food as a reward.
6. Don't drink your calories! Limit consumption of sweetened beverages (juice, soft drinks, sports drinks, sweetened ice tea, flavored milk) to no more than one serving a day.
7. Eat breakfast daily.
8. Encourage families to eat their meals together as often as possible.
9. When eating out no more than once per week, consider asking for a to-go box when you first receive your meal, and then place half of the food in the box to save for later.
10. Practice "mindful eating." Never eat in front of a screen, you tend to eat more.

Want Some Help?

The Kellyn Foundation offers a focused behavior modification program; incorporating medical monitoring, nutritional education, structured exercise and

daily recordkeeping that help each participant develop the skills to maintain a healthy lifestyle. Contact us at www.kellynfoundation.org