

Helping Your Child

Tips for Parents



Our Mission

To advocate and advance fitness & wellness programs and services directed to better the lives of young people (K-College.)

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Background

Fit-for-Me Foundation, a non-profit organization that advocates lifetime physical fitness and wellness, battles the childhood obesity epidemic by educating and mentoring America's youth. Don Miguel, a nationally recognized fitness and wellness professional and IDEA Master Level Personal Fitness Trainer with more than 16 years experience, created Fit-for-Me in March 2006.



Healthy Eating & Physical Activity

All children benefit from healthy eating and physical activity. A balanced diet and being physically active help children:

- Grow
- Learn
- Build strong bones and muscles
- Energy
- Maintain a healthy weight
- Avoid obesity-related diseases such as type 2 diabetes
- Get plenty of nutrients
- Feel good about themselves

How can I help my child eat better?

1. Serve snacks like dried fruit, low-fat yogurt and air-popped popcorn.
2. Cook with less fat, bake, grill, roast or poach foods instead of frying.
3. Limit the amount of added sugar in your child's diet. Choose cereals with low or no added sugar. Serve water or low-fat milk more often than sugar-sweetened sodas.
4. Choose and prepare foods with less salt. Keep the salt shaker off the table.
5. Do not be too strict. In small amounts, sweets and fast-food can still have a place in healthy diet.

What about physical activity?

Like adults, children should be physically active most, if not all, days of the week. Experts suggest 60 minutes of moderate to vigorous physical activity daily for most children.

Walking fast, bicycling, jumping rope, dancing fast and playing basketball are good ways for your child to be active.

How can I help my overweight child?

- Do not put your child on a weight-loss diet unless your health care provider tells you to.
- Involve the whole family in building healthy eating and physical activity habits.
- Accept and love your child at any weight. Help your child find ways other than food to handle setbacks or success.