

# Here's To You In Good Health

## Helpful Hints From The Nurses

### Tips for Parents on Children's Fitness

- Make sure your child eats breakfast. Breakfast gives children the energy they need to listen and learn in school.
- Give your child many different kinds of food, such as grains, vegetables and fruits, low-fat dairy products, and lean meat or beans.
- Talk with your doctor if you are concerned about your child's eating habits.
  - Cook with less fat—bake, roast, or poach foods instead of frying.
- Limit the amount of sugar in your child's diet. Try to serve only water or low-fat milk with meals rather than sugar-sweetened sodas, diet soda or fruit-flavored drinks.
- Involve your child in meal planning. Children are more willing to eat the dishes they help to make.
- Be a role model for your children. They are more likely to be active and stay active throughout their lives if they see you having fun and getting fit.
- Encourage your child to be active everyday. Limit video games and computer time.
- Involve your family in activities like walking, hiking, biking, dancing and other sports.