

4 simple ways to increase pediatric health and fitness

WHAT CAN I DO TO HELP CHILDREN MAINTAIN A HEALTHY WEIGHT AND AVOID OBESITY? This is a question that many parents, caregivers, teachers and other concerned adults frequently ask the staff at the UW Health Pediatric Fitness Clinic. Although the answer can be complex—lifestyle, genetics, nutrition, behavior and environment are all factors—there are some simple steps that parents/caregivers and children can do together to improve health and fitness.

limit sugary drinks each day!

- One 12-ounce portion of soda, sport drink, or juice—or less.
- Read the label; avoid high fructose corn syrup, added sugar and any drink that is more than 60 calories per 12 ounces. Diet soda is not recommended as a substitute due to bone health and other issues.
- Replace sweet beverages with skim or 1% milk, cold water or sparkling water.

Tip: Decrease salty or processed snack foods which keep you thirsty and craving drinks

eat veggies & fruits!

- Ideally, half of what we eat should be fruits or vegetables. At minimum, we should eat four servings of fruit and/or vegetable each day.

Tip: Involve the family in shopping decisions for preferred fruits and vegetables.

Tip: Recipes for healthy meals and snacks are included on the Pediatric Fitness Clinic website at uwhealth.org/fitkids

limit screen time to two hours!

(Or as agreed upon—some negotiation for special programs is OK.) One hour is even better.

- Screen time includes TV, computer and game system time. Less screen time hopefully leads to more activity and less snacking. There should not be a TV in a child's bedroom.

Tip: Try to eat together as a family on a regular basis and not in front of TV.

increase active living!

Schedule fun and active family activities (walks, bike rides, games, etc).

- Get at least 30 minutes of vigorous physical activity every day

Tip: Enter community fitness events such as walks/runs for a good cause.

For more information on nutrition and physical activity, visit the UW Health Pediatric Fitness Clinic website at uwhealth.org/fitkids. Click the recipes button for help with healthy snacks, salads, main dishes and side dishes.

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