



Health and Wellness Tip of the Week - Week 40

October 6, 2014

Monthly Topic

During October, *Children's Health Month*, help fight the childhood obesity epidemic with tips for healthy eating and facts about this problem

From Growing Pains To Weight Gain

Obesity in children has tripled in the past 30 years. To help your children keep a healthy weight, it's important to teach them about good eating habits and the value of being fit. Help them grow by healthy leaps and bounds with these tips:

- Be a good role model.
- Let your children stop eating when they are full, rather than praising a clean plate.
- Give your children healthy snacks to curb hunger between meals.
- Don't use food as a reward or a punishment.
- Eat healthy meals together as a family.
- Teach your children what a healthy helping looks like.
- Help your children be active each day. Limit screen time.

Source: U.S. Department of Health and Human Services



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