

# Health & Wellness Tip of the Week

Week 37  
September 10, 2018

Our mission is to promote health awareness and  
Encourage healthy lifestyles.



BlueCross BlueShield  
of Texas

Take wellness to heart

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## Keep Kids in Motion to Fight Obesity

Obesity in children is on the rise. September, National Obesity Awareness Month, is a great time to put into action a plan to stop obesity in kids. Urge your child to take part in activities that are right for their age and those they enjoy.

**Sixty minutes per day is suggested, but mix it up:**

- Change the intensity. The 60 minutes can have both a brisk walk and running. Robust effort should be involved at least three days per week.
- Do activities to make muscles strong like gymnastics or push-ups at least three days per week.
- Spend some of the time with movement that makes your bones stronger, like jumping rope or running.
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*Source: Centers for Disease Control and Prevention*

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