



Health and Wellness Tip of the Week - Week 43

October 27, 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

Put The Brakes On Childhood Obesity

Help your child keep a healthy weight by setting a good example that can keep you trim, too! Small steps can keep your family healthy. For example, make family mealtime special. Discourage eating in front of a screen; this leads to faster eating and lowered awareness of how much you're eating. And take a walk or bike ride after dinner a couple of nights a week instead of turning on the TV.

Sources: Mayo Clinic and the American Academy of Pediatrics

OBESITY: A Weighty Issue for Children



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630