Nobody's perfect. It's OK to eat fast foods sometimes, it's also OK to be a couch potato sometimes, but if you make the effort to also eat some healthy foods and to be active every day you'll look and feel better.

Why it's hard

Some types of cancer

Diabetes

Stroke

Heart disease

Overweight and obesity can lead to many problems. Some of these are:

One of the biggest concerns about overweight and obesity is that we eat too much of it, and too fast food is often less healthy than fresh fruits and vegetables.

Watch your waistline

Whole grains

Lots of fruits and vegetables

Fiber

Low-fat meals, cheese, and milk

A healthy diet includes:

When you eat a healthy diet and you keep it balanced, you're less likely to get overweight and obesity. People who eat a healthy diet are less likely to get overweight and obesity. People who eat a healthy diet are less likely to get overweight and obesity. People who eat a healthy diet are less likely to get overweight and obesity.

Big impact on your health

You really are what you eat. You're also what you do. That's because what you put into and do with your body has a

Keeping fit for yourself.

Parents as Teachers.
She'll listen.

She'll listen about why these things are important
and avoid smoking. Talk to your child
and brush your teeth.

You'll see if she's doing it. She'll
brush her teeth with you. Help
her to keep her teeth clean.

I want some... 

Several ways...

It's not just about you any more. You
are a role model for your child. You
have an impact on your child's health in
your daily life.

Can I go too?

Parents tend to involve their children in
their own activities. Your child will want to be included.
Your child wants to do what you do if
you go for a walk or play a video game.
Your child watches what you eat and
what you do.

Your child watches what you do. You set an example for how she will care for her body.

Keeping Fit for Your Child

Parents and Teachers