

OBESITY

We have all heard the statistics. We are getting fatter and it's becoming an expensive (in more ways than one) health problem. Children are affected in a **big** (*pardon the pun!*) way as well. We can read that childhood obesity rates have tripled over the past twenty years. Kids eat salty, fatty foods and they seriously lack daily physical activity. It can be challenging to find ways to satisfy kids' cravings. On the upside though, small changes can yield positive results. Doing something is better than doing nothing. *Awareness* of habits and lifestyle is a first step in the process of becoming healthy and physically fit. Attached is a food and activity diary. It may be enlightening for you to look at what you ate a week at a time. Remember that small changes can yield big results? This web site, http://www.bam.gov/site_bibliography.html is colorful and appealing and full of information for you and your kids. There is a segment under Food and Nutrition that asks you to tell them what you think. It's a good place to begin!