



TOGETHER WE CAN OVERCOME CHILDHOOD OBESITY!

So you haven't been making the best food choices lately. That doesn't mean you start to make changes THIS MINUTE. We know it can seem scary, but you're **NOT** alone...FitCity is here to **HELP!**

DON'T DRINK YOUR CALORIES. An average 12oz soft drink has around 160 calories per serving. That may not sound like much, but the calories add up quickly. If you trade just one soft-drink a day for water it could prevent you from gaining 12lbs a year! What would happen if you gave up soft-drinks for good?



Snack Smart! Make it a habit to stash some fruit, whole grain crackers, baby carrots or low-fat string cheese in your backpack so you always have some healthy food nearby.

MOVE MORE. Extra Steps Add Up! To burn calories, spend more time in activities like walking to the store or around the block. Use stairs rather than elevators. Try to get 60 minutes or more of exercise on most – preferably all – days of the week. **DO NOT** let the amount of time scare you, you can break that up into four 15 minute intervals. Remember, exercise adds up fast!

EAT BREAKFAST. We know you've heard this before, but breakfast is so important you should hear it again! Choose whole grain cereals with 1% or skim milk. Or ask your mom to fix eggs and 100% whole wheat toast. Studies show, people who eat breakfast are less hungry through-out the day, and as a result, weight less than people who don't.



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