



Let's get active!

Tips to help your child maintain a healthy weight by eating well, getting more physical activity and sleeping better.



Know the facts!

- More than one in four children and youth in Canada are overweight or obese.
- Many overweight and obese children become obese adults.
- Obesity tends to run in the family. It is partly genetic but largely linked to lifestyle habits (poor food choices, little or no physical activity, poor sleep habits, etc.)
- Childhood obesity increases your child's risk of developing diseases such as:
 - Type 2 diabetes
 - High blood pressure and heart disease
 - Sleep problems (sleep apnea)
 - Asthma
 - Gallstones
 - Joint problems
 - Psychological problems (for example, low self-esteem, depression, anxiety)

Body Mass Index (BMI)

What is BMI?

BMI is a measure of body fat. It is based on a person's weight in relation to their height. A doctor should regularly plot a child's BMI on a growth curve, taking into account their age and gender. As your child grows, BMI is a good way to assess if they are maintaining a healthy weight.

Why is BMI important?

By measuring a child's BMI and monitoring their physical activity, nutrition, and sleeping habits throughout childhood and adolescence, parents and doctors can recognize when a child is at risk of becoming overweight or obese. You and your child can then make changes early to control weight gain and to prevent future complications.

Recommendations for healthy active living are as easy as 5-2-1-0

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Eat five servings
of fruits and
vegetables a day.

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Limit screen time
(television, computer,
video games) to less
than two hours a day.

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Aim for at least one
hour of moderate
to vigorous physical
activity daily.

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Limit or avoid sugar-
sweetened drinks
such as soft drinks,
sport drinks and
sugar-sweetened
juices.



Tips for your family

Healthy diet choices

- Eat vegetables and/or fruits at every meal and snack.
- Buy fish and lean meats, such as chicken and beef. Grill or roast meat to reduce fat.
- Eat low-fat dairy products like yogurt, milk, and cheese. For example, switch from 3.25% milk to 2% or 1% milk.
- Drink water or milk instead of juice, sugar-sweetened drinks or sport drinks.
- Eat a piece of fruit or vegetable rather than drinking fruit or vegetable juice.
- If you do drink juice, choose 100% pure fruit juice with no added sugar. (Maximum of 150 ml per day for children under 6 years of age, and 360 ml per day for children 6 years of age and older).
- Choose vegetable oils such as olive, canola, and soy bean oil instead of butter, margarine, lard and shortening.
- Include high fibre and whole grain foods such as sweet potatoes, brown rice, whole wheat pasta, peas, and bran cereal in your diet.
- Learn how to read food labels. This will help you make better choices.

Healthy eating habits

- Eat breakfast every day.
- Don't skip meals.
- Prepare and eat meals at home, as a family.
- Limit fast food, take-out food, and eating at restaurants.
- Avoid keeping sugar-sweetened beverages, candies, and high-sugar snacks in your home.

Improving physical activity

- Make 60 minutes of moderate physical activity part of your family's daily routine.
- Encourage your child to do at least three days per week of vigorous-intensity activities like biking and running, and activities that strengthen muscles and bones like jumping, shovelling snow or carrying groceries.
- Encourage your child to join a sports team or playgroup to take part in organized physical activities.
- Check out your community centre to find out what sports and activities are offered.
- Play outdoors and enjoy public parks, bike paths and soccer/basketball/tennis courts.
- Walk or ride your bike to work, school, the mall, or the park.
- Put on some music and dance.
- Use the stairs instead of the elevator.



Remember, as a parent, you control the food you buy and what food is available at home.

Decreasing sedentary lifestyle

- Set clear time limits for screen time (television, computer, video games, cell phones) to less than two hours per day for children older than 2 years of age, and no screen time for children younger than 2 years old.
- Turn off the television while eating.
- Keep televisions, video games, cell phones and computers out of your child's bedroom.
- Limit time spent in cars and buses, extended sitting and time spent indoors.

Improve your child's sleep routine

Developing a sleep routine can improve sleep quality and quantity. This will help your child stay healthy and maintain a good weight. For example:

- Going to bed at the same time and getting up at the same time.
- Sleeping every night in the same environment that is quiet, calm and dark.
- Computers, cell phones and other electronic devices should not be used before bedtime. Ideally, they should be turned off and should not be kept in the bedroom.

Helpful hints...

- Encourage and support your child as they gradually adopt healthier lifestyle habits.
- Offer your child many different options for physical activities and let them choose.
- Set reasonable goals with your child and incorporate changes slowly. You don't have to make your preferred changes all at once.
- Before making any major changes in your child's eating habits or physical activity, talk with their doctor.

