

# Help your child

get active and eat healthy

**Hi, I'm Will!** I help kids learn healthy habits so they grow up strong!

## Your child and I can team up on activities like:

- Eating healthy.
- Going to the doctor.
- Getting enough exercise.
- Taking care of our teeth and gums.

## Get into exercise

For many children, video games and computers have replaced physical activity. In fact, a government study found that the amount of time kids spend being active drops between the ages of 9 and 15. The decline is fastest between the ages of 12 and 15.

"Getting exercise is crucial for lifelong health, and the habit should start in childhood," says Amanda Budzowski, an exercise physiologist and health coach at UPMC Health Plan.

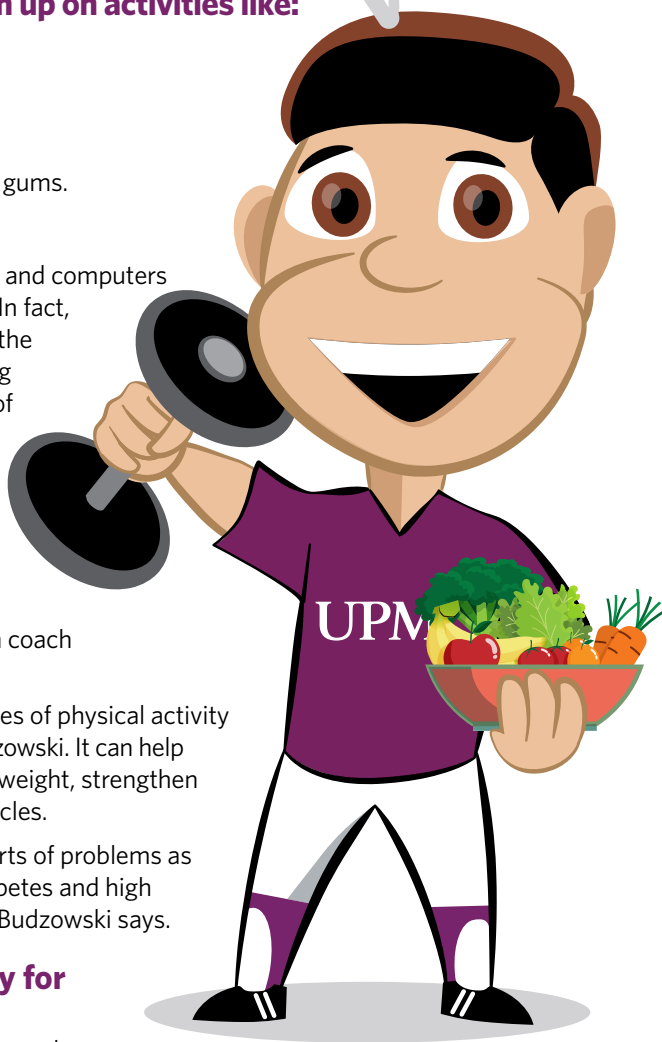
Children need at least 60 minutes of physical activity every day, according to Ms. Budzowski. It can help them stay at or reach a healthy weight, strengthen their bones, and build their muscles.

"Inactivity sets kids up for all sorts of problems as they get older—from type 2 diabetes and high blood pressure to obesity," Ms. Budzowski says.

## Make exercise a priority for your whole family

Ride bikes together on weekends and go for walks after dinner. Sign your child up for an after-school sport, then practice with him or her at home.

**See the back of this flier for information on eating healthy.**



Pennsylvania's Children's  
Health Insurance Program  
We Cover All Kids.

**UPMC for Kids**  
Affiliate of UPMC Health Plan

**UPMC HEALTH PLAN**

## Encourage healthy eating

Being overweight can affect a child's health and self-esteem, yet 1 in 5 children in the U.S. falls into this category. Parents of overweight children often impose strict diets or exercise routines, but kids—like adults—tend to rebel.

If your child's weight concerns you, talk to his or her pediatrician. The doctor will start by calculating your child's body mass index, or BMI. If it's too high, the doctor will tell you what it should be and help you develop an action plan. This plan will likely involve changing three key things: your child's diet, activity level, and sleep.

## Make healthy eating a family affair

Studies have shown that kids who eat meals with their families have healthier diets and lower obesity rates. Left on their own, children are likely to choose unhealthy foods or overeat.

## Get your child interested in healthier foods

Let your child help you plan a healthy menu each week. Be sure to include lean proteins, whole grains, fruits, vegetables, and low-fat dairy products. Your child might complain, but stand firm. Studies have shown that the more kids see a food, the more likely they are to try it.

## Highlight healthy habits

Remember to focus on improving your child's eating habits, not on reducing his or her weight. If you replace soda with water, limit junk foods, and offer healthy snacks, the difference should show on the scale.

### UPMC for Kids Nondiscrimination statement

UPMC Health Plan, on behalf of itself and its affiliates, complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

### Translation Services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-650-8762 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-650-8762 (телетайп: 711).