

Healthy Living

Family Pack



A weight off your mind: managing childhood obesity

It may not be an easy topic to approach, but with childhood obesity more than doubling in children and quadrupling in adolescents over the past 30 years it's an important and relevant subject to talk about.

The last thing you want to do as a parent is micro-manage every detail of your child's diet or exercise regime; after all, modern living is already demanding enough and you don't want your child to build a negative relationship with food or regular activity by causing them to dwell on body image.

However, it's important to be aware of the complications your child could face if they're carrying extra weight during their key developmental years, including:

- **High blood pressure & high cholesterol.**
- **Increased risk of insulin resistance and type 2 diabetes.**
- **Asthma, sleep apnoea and other breathing difficulties.**
- **Liver disease, gallstones & gastro-oesophageal reflux.**
- **Risk to bone growth and damage to developing cartilage.**

The last point in particular may lead to further issues during adulthood, such as early arthritis, as the pressure bearing down on the joints becomes too much. This may mean your child will need to use specialist equipment and daily living aids when they're older, like a rollator to support them when out and about, a bath seat and grab bar to help them lower and rise from the bath tub or a bed rail to help them get up and loosen their joints after a long night's sleep.

If you're concerned about your child's weight, your GP or practice nurse will be able to give you further medical advice, but it's also possible for you to take the first step to helping your child live healthily.

Recognising issues and encouraging healthy living

It's important for parents to look out for signals that may mean their child is experiencing issues with overeating, inactivity or poor nutrition as these initial warning signs can quickly become bad habits. Broaching the subject can be tricky, as suggesting your child is overweight will likely have a negative impact on their mental wellbeing, so try establishing The 4 Aims to help encourage a healthier lifestyle.

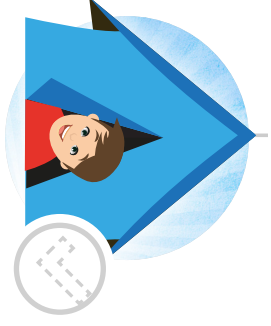
The 4 Aims

1. **Serve healthy and appropriately sized meals.**
2. **Limit sugary or high fat foods.**
3. **Encourage regular exercise.**
4. **Set an example.**

In order to help parents and encourage kids to live a healthier lifestyle, we've created the Healthy Living Family Pack that will inspire the whole family to get involved with the aims above, including the following:

- **Printable Family Activity Cards**
- **Family Day Out Wish List**
- **Daily Chores Calorie Counter (for parents)**
- **Chore Chooser Star Chart (for kids)**

Family Day Out Wish List



Take a camping trip.



Book a day at Go Ape.



Try Paintballing.



Hire bikes and cycle a new area.



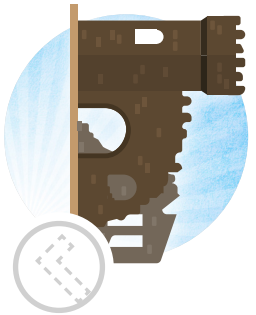
Visit a Laser Quest!



Give indoor rock climbing a go.



Participate in a charity walk.



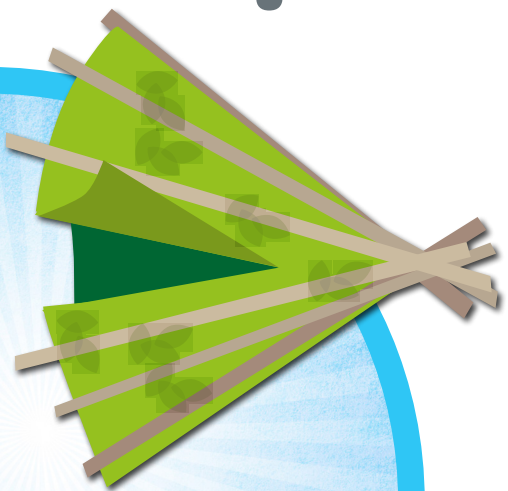
Visit a National Trust or English Heritage property.

Your family's wish list

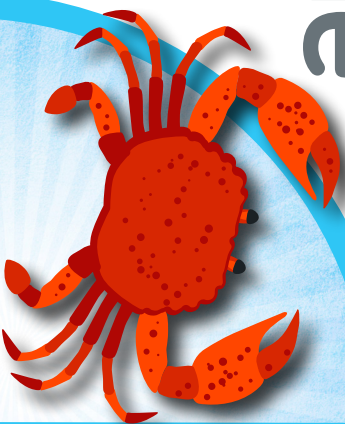


Seven horizontal dashed lines for writing, each corresponding to the icon above.

Build
a den.



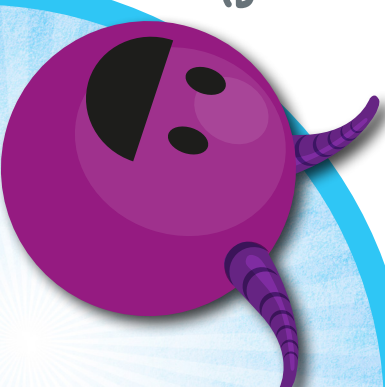
Take a
trip to the
seaside.



Fly
a kite.



Set up a fun home
activity course...
using Hula-Hoops,
skipping ropes, space
hoppers and more!

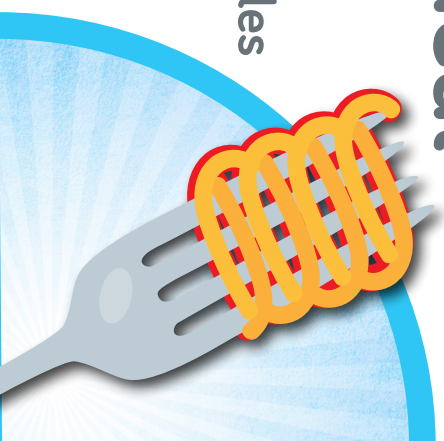


Visit your
local
park.



Plan, then cook
a healthy meal
together.

(TIP: hide extra vegetables
in a tomato pasta!)



Play a ball
game
outside.



Host a family
sports day.



Take the
dog for
a walk.



Clear a small patch
of garden and plant
seeds to grow
fruit and veg.



Play
Frisbee.



Plan a scavenger
/treasure hunt around
the house or
local area.



Take part in
a nature
trail.



Go for
a swim.



Join your local
leisure
centre.



Turn the music
up loud
and dance!

