

PHASE 1 – CHILDHOOD OBESITY PLAN

Your child's weight will eventually affect his/her health by increasing the risk of Diabetes, High Blood Pressure, Heart Problems, High Cholesterol, and Joint Problems. As a doctor, I feel that by being overweight, your child is very likely to have a lot of health problems.

I can help you and your child to make your child's future healthier by giving you both the information for him/her to lose weight. Are you interested in learning this information and using it to prevent disease in you child?

If you are, I would like you to schedule a follow-up visit with me in 6 weeks so we can discuss healthy ways to loose weight.

Between now and the next visit:

1. Eliminate all sweet drinks: no soda, no juice, no Gatorade or other sports drinks. Only milk and water.
2. No eating in front of the TV or while reading books and magazines. Sit at the table to eat- not on the couch or in the bedroom.
3. Drink a large glass of water 20 minutes before a meal to slow down your eating.
4. Exercise (anything that gets you sweaty) 5 days a week, 30 minutes a day. Examples: fast walking, bike riding, exercise videos, dancing. Dance/Dance/Revolution.

PORTION CONTROL PLATE

