

What can you do to help your child succeed?

1. **Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.



2. **Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.

3. **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

4. **Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

5. **Don't buy "bad" food.** Keep the junk food (potato chips, sweets, juice and soda) out of the house.



6. **Buy healthy food.** Keep healthy foods that are easy to prepare in your house.

7. **Try to plan healthy meals.** Try to give your child vegetables and fruit every day. Limit pasta to twice a week.

8. **Eat healthy.** Your child will learn by example. If you are eating healthier, not only will you feel better, but your kids will benefit as well.

9. **Encourage.** Encourage your child and show him or her how proud you are of their commitment to lose weight.

10. **Keep your child on track.** Challenge your child to keep eating healthy. Keep him or her accountable. Your child will be less likely to cheat if someone is checking up on him or her.

