

Weigh the facts

One out of three children and teens in the U.S. are too heavy or obese. Those extra pounds put kids at risk for getting serious health problems, including diabetes, heart disease and asthma. Childhood obesity also takes an emotional toll that can lead to low self esteem, negative feelings about your body and even depression.

Think about these tips to help your child keep a healthy weight:

- Model healthy eating habits.
- Serve snacks and sweets wisely.
- Don't use food as a reward or punishment.
- Support staying active.
- Cut back on screen time.
- Plan yearly well-child visits.

Source: Mayo Clinic and the American Academy of Pediatrics



Help your child keep a healthy weight by setting a good example that can keep you trim, too!



Use it and lose it. Losing weight and maintaining a healthy weight is easier when you use meal planning resources from the Eat Right feature on the Personal Health Manager. Find it at Blue Access® for Members.

March 2011

www.bcbstx.com/hs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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