

**Here are tips adapted from Obesity Action to help change a family's  
lifestyle, nutrition habits and activity level**

<http://www.obesityaction.org/home/index.php>

**Lifestyle**

- o Eat as a family.
- o Slow down the eating process.
- o Have special family time that is physically active.
- o Limit eating out or getting take-out food.
- o Pack lunch for school instead of buying lunch.
- o Do not have a television in the child's bedroom.
- o Limit computer time to a maximum of 1-2 hours per day.
- o Do not eat in front of the television.
- o Do not use food as a reward.

**Nutrition**

- o Eat healthy, well balanced meals and snacks.
- o Plan meals and snacks in advance.
- o Offer the child a choice of healthy foods to eat.
- o Limit intake of calories from beverages.
- o Eat appropriate portion size for the child's age.
- o Limit calorically dense foods (i.e. high fat, high sugary foods).
- o Limit treats, but do not eliminate them.

**Physical Activity**

- o Encourage daily physical activity.
- o Have a variety of physical activities that can be done.
- o Limit sedentary activity.