

Cornerstone Medical Group

I'M STRONG - Weight Loss for Adolescents and Teens

Lifestyle

The best way to achieve a healthy weight is to eat healthier, to be more active and to reduce TV and computer time. As a parent, you can help your child do all of these. Talk to your doctor about the best ways for your child to reach a healthy weight. Be patient - it may take a long time. Do not limit how much food your child can eat - instead, offer healthier food. At the same time, do not focus too much on his or her weight. Make sure you praise your child for his or her strengths. This builds self-esteem. Much of your focus as a parent should be on changing your child's behavior and lifestyle. It should be on consistently living a healthier life. The weight will come off if you and your child are making healthy choices.

Remember Role Modeling

Reserve at least $\frac{1}{2}$ day of each weekend for family physical fitness.
Create an environment for active play both inside and outside the home.

Nutrition

Increase fruit and vegetable intake to at least 5 servings per day.
Eat breakfast. It may prevent over-eating later in the day.
Eat meals and snacks at the dinner table only - not in front of the TV.
Eat low fat or light foods whenever possible.
Eat high fiber foods like whole grain breads and pastas, legumes, fresh fruit and vegetables.
Drink low fat milk and water; limit sweetened beverages and juice to 1-2 times/week
Meet with a dietitian to teach you how to read food labels and understand proper portion sizes.
Eliminate the ingredients high fructose corn syrup and partially hydrogenated vegetable oils (ie. Trans Fats) from your diet.
Avoid fast food restaurants, fried foods, and high-fat dressings and condiments.

Exercise

Anything is better than sitting!
Limit TV and computer time to less than 2 hours each day.
Encourage your child play games with other children. Examples include jump rope, tag, soccer, in-line skating, skiing, cycling, walking, jogging, swimming or basketball.
If you have a pet, it can be your child's job to take it out for a walk every day.
Get the whole family to go for a walk or a bike ride.
See if your child would like to play an individual or team sport at his/her school or local parks & rec.
When you go to the mall, agree to walk two laps around the mall before shopping.

Remember, physical activity will NOT compensate for excessive energy intake.