

# Healthy Habits for Weight Management

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We believe success can only be achieved when the entire family participates.  
The **most important step** - Be a role model for your child!

## What beverage changes should I make in my home?

- Milk -3-4 glasses per day, skim
- Water
- Juice - 6oz per day, maximum
- Not recommended : Soda pop, Sports drinks, other beverages - one serving per week

## What meal changes should I make in my home?

- Served at the table, no TV or reading during the meal
- Portions selected by parents
- Home packed lunches preferred over cafeteria choices
- All food groups offered during the day (bread/protein/vegetable/fruit)
- Multi-vitamin daily
- Foods in the most basic form - apples, not applesauce; baked potatoes, not fries.

## What changes should I make to my family's snacks?

- Served at the table
- Portions selected by parents
- Not recommended: Eating in front of TV, computer, video game

### **What are the recommendations regarding eating out?**

- **Not recommended: Fast Food**
- No “large” sizes of any items – small fries only; child portion preferred for all ages
- Once per week maximum unless the meal is a salad

### **What changes should I make to my family’s activity level?**

- One hour of television/computer/video games **total** per day maximum
- One hour of physical activity per day minimum (backyard, biking, sports, dancing, etc)
- Gym class daily
- Stairs, not elevators or escalators; Walk, don’t ride whenever possible

### **What programs are recommended for help with weight loss?**

- Weight Watchers – <http://www.weightwatchers.com>
- Shapedown – <http://www.shapedown.com> – Ann Arbor/Chelsea program  
734-712-5694
- 10 week program \$400. This may be a covered benefit; check your insurance.
- US Agriculture site: <http://www.nutriton.gov> allows you to check the nutrition in your child’s food choices.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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