

Turn on the Music

Childhood obesity has become a major health problem for today's children. Child obesity rates have tripled since the 1970s, from 5% to 15%. And over 30% of our children are considered overweight.

Overweight and obesity are hard to treat. It's much easier to prevent weight problems.

Help your child live a long and healthy life – Turn on the music and dance with your children.

Dancing helps to promote a healthy weight for children.

Animal Dance

Dance like a cat, bird, horse, elephant, snake, frog, bunny or bug. Take turns dancing like an animal – Guess which animal they are.

Wiggle Dance

Create your own dance – hop, hop, wiggle, wiggle.
Slide and hop, Slide and hop.

Let your children create their own special dance.

Marching Band

Turn on the music.
March around the house.
Wave small towels in the air.
Pretend to play music – hit plastic containers with large spoons, shake containers with dry beans, or pretend to blow a horn.
March around the table, couch, chairs, and beds.



Turn off the TV

- Make a TV plan – make a list of the shows that your family really want to watch.
- Turn off the TV when 'your shows' are not on.
- Don't use the TV for background noise. Turn on the radio and listen to music. Dance with your child. Put a little pep in your step.
- Keep the TV out of your child's bedroom.
- Limit TV watching to 2 hours or less each day.
- Don't eat or snack while watching TV.

Watching TV advertising is related to childhood obesity, poor nutrition, and cigarette and alcohol abuse.

Help your children develop healthy habits for life – limit TV.

Dance and play with your child – you are your child's first and favorite playmate.



What does your house say?

Sit down and watch TV?

Or get up and play?

Make a “Play Area” in your home.
Re-arrange your family or living room to make an area when your child can be active.

Studies show that children who dance, run, skip and hop (playing that uses large muscles) have better reading abilities later in life.

Let your child play!

Toys for the Play Area:

- Basket with dress up clothes
- Musical toys
- Plastic dishes and cups
- Stuffed animals,
- Toys for marching – drum, streamers, small flags
- Indoor ball toss games
- Soft foam balls
- Indoor basketball hoop
- Large cardboard boxes
- Small wagon
- Push toys



Quick Snacks

- Banana slices
- Broccoli pieces – dip in low fat Ranch salad dressing
- Whole grain breakfast cereal – eat dry without milk.
- Graham crackers
- Mandarin oranges – open a can and eat.
- Applesauce – sprinkle with a little ground cinnamon.

Children are born to be active

If they have room, they will move.

Children don't want to sit still, they want to run and play...that's good!

Make a “Play Area”



What can you do?

- Turn on the music and dance with my child on most days.
- Create an active play area in my home for my child.
- Turn off the TV when our planned shows are not on.
- Other: _____