



HEALTHY LIFESTYLES CLINIC

September 15, 2014

Get involved in a school sport!

Several studies, including one from the American College of Sports Medicine, have found that youth involved in a sport were more likely to demonstrate healthy eating behaviors and to have higher physical activity than those who do not participate. Advice for the fall:

Find out which sports are offered at your school or local community center, or encourage your kids to make up a league with friends. Fun fall sports typically include:

- Football, Soccer, Volleyball, Cross Country, Tennis, Swimming, and Basketball

Get active, get involved, and have fun!



Remember your health goals!

Health App Review: Fitbit

Free App that allows a user to track their fitness goals

Pros: Simple and understandable format, syncs to an online account (free), shows recommendation of water/calorie intake based on age, weight, and height.



Cons: Takes time to log calorie & water intake as well as exercise, all mostly by estimation.



Final Score: 8/10

Don't turn food into a reward/punishment!

Alternative rewards:

- Extra (screen-free) playtime
- Sticker/toy
- Helping parent in fun household activity

Avoid punishing a child for not finishing their veggies:

- Let them choose from their favorites
- Add variety by introducing new veggies
- Encourage their help in making the meal

