Preventing Unhealthy Eating Patterns

There is a growing concern that obesity prevention may lead to unhealthy eating habits and body-image. A recent report examined the steps a parent can take to make sure that their child is learning healthy habits and behaviors, some of which are outlined below:

- Focus on healthy living and behaviors rather than strict measures such as dieting or skipping meals.
- Promote a positive body image with your child.
- Increase the frequency of family meals as much as possible.
- Focus less on losing weight and more on positive steps like physical activities and achievements.

Take home message: positivity and support are the best tools for creating change!

Fall Sports

With the start of the school year your child has the opportunity to play in a variety of school sports. These include Football, Volleyball, Boys and Girls Soccer, and Coed Cross Country. Go team!

Time to get planting!

In September you can plant several vegetables, including carrots, garlic, lettuce, radishes, and spinach. A small plot of dirt or a large pot can create a perfect garden.

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