OVERWEIGHT CHILD IS?
A child who has accumulated excessive fat that impairs activity and develops certain health risks.

HOW DOES CHILDREN BECOME OVERWEIGHT?
A number of factors contribute towards children becoming overweight. These include:

• Genetics.
• Poor eating habits.
• Inactive lifestyle.
• Hormonal problems.

RISKS ASSOCIATED WITH BEING OVERWEIGHT?
Overweight children are more susceptible to certain diseases and conditions:

• Asthma.
• Type 2 diabetes.
• High blood pressure.
• High cholesterol.
• Liver disease.
• Early puberty.
• Sleep disorders.
• Behavioral issues.

WHAT TO DO FOR OVERWEIGHT CHILDREN?

• Consult a child specialist (pediatrician), dietician and or psychiatrist.
• Enroll your children in a weight loss program.
• Ensure your children get adequate sleep. (Age 1-3 need 12-14 hours, age 3-5 need 11-13 hours, age 5-12 need 10-11 hours and adolescents between the age of 12-18 need 8-9 hours).

HOW TO AVOID BEING OVERWEIGHT?
7 ways you can help your children maintain a healthy weight:

• Eat home cooked family meals together.
• Adopt an active lifestyle involving your children.

• Avoid junk and oversized food portions.
• Provide plenty of vegetables, fruits and wholegrain products.
• Include low fat or no fat milk or dairy products.
• Choose lean meat, chicken, lentils and beans for protein.
• Choose to drink water instead of sugary drinks.

SAFE WEIGHT LOSS FOR OVERWEIGHT CHILDREN