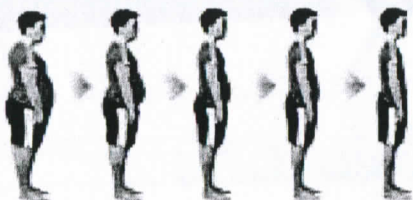


For Child:

1. Believe In Yourself
2. Move more in your daily life
3. Make your own fitness program with your family
4. Start with what you enjoy the most
5. Have an exercise buddy or partner
6. Stay away or avoid who would discourage you
7. Schedule your workouts
8. Log your steps
9. Drink more water Take healthy diet
10. Start a healthy hobby, one would keep you active
11. Weigh yourself daily or weekly
12. Expect ups and downs
13. Try new methods
14. Do easy home workouts 2-3 times a week regularly
15. Don't do too much, too fast. Go easy on yourself
16. **BE PATIENT NEVER GIVE UP !**

❖ *When you feel fit to move, try a combination of exercises in the other page.*



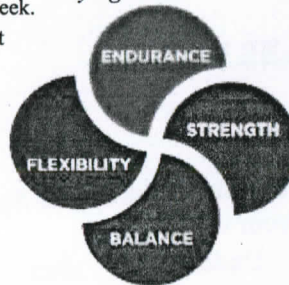
Types of exercises

Weekly total of at least two-and-a-half hours of moderate aerobic activity

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing
- Swimming
- Biking
- Playing tennis

At least twice a week.
20 min per one set

- Yoga
- Stretching



For all major muscle groups Twice or more weekly

Repeat each exercise 8 to 12 times, 1 or 2 sets per day

- Lifting weights
- Using a resistance band

at least 30 minutes twice or more weekly

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Advised by – Dr. S. Surenthirakumaran

Department of Community and Family Medicine

University of Jaffna

Created by- H.P. SudarshaniDeepamala

Medical Student (2010/fm/018)

**Be Active –
Be Fit**



Published by Health Education Material Production Unit

Department of Community and Family Medicine

Faculty of Medicine Jaffna

October 2013

rapidly"

Over weight child is at a risk of getting;

- Diabetes
- High blood pressure
- High cholesterol
- Bone and joint problems
- Liver and gall bladder disease
- Asthma
- Eating disorders
- Restless or disordered sleep patterns
- Depression
- Low self-esteem and negative body image
- Substance abuse problems

How to know whether your child is overweight or not?

Body Mass

$$\text{Index(BMI) BMI} = \frac{\text{Body weight (kg)}}{\text{Height (m)}^2}$$

*Use the chart in the Child Health Report(CHDR) for getting BMI

*Check whether your child is in the healthy range or not by using the chart for Age to BMI in CHDR

If the value is

- >95 - Obese
- 85-95 - Overweight
- 5-85 - Normal weigh= Green
- <5 - Underweight=Orange

} Rose

If your child is in first two group, this leaflet is for you!

What are the main causes?

Poor eating habits and less physical activity

Importance of Physical activities:

- Improved strength
- Improved long term health
- Reduced body fat-A better body shape
- Increased cardiovascular fitness
- Increased bone strength
- Improved flexibility
- Improved Cholesterol levels
- Improved mood- Easing stress and anxiety
- Sharpening Brain power

What can we do?

As Parents

1. Talk to your children and Spend time with your children
 - Understand their needs, thoughts, plans
 - Plan the best fitness program with them
 - Improve their self estimate
 - Let them feel that they are not alone
2. Get medical clearance.
3. Build Slowly but continue regularly
 - Start with small steps
 - Setting small goals
 - Appreciate their improvement, even small ones
 - Be patient

4. Make Screen Time Count no more than two hours a day of watching TV or computer
 - Be a role model
 - Limit daily screen time
 - Stop eating in front of the TV
 - Pick a different reward or punishment
 - Move or easy exercises during TV breaks

5. Make Workouts Enjoyable

6. Encourage Participation in Sports
 - Play active indoor games.
 - Get outside with your child
 - Do household works together
 - Enroll children in after school sports or other activities
 - Encourage the child to be with friends who would help him
7. Encourage your child to develop new hobbies
8. Healthy diet
9. Be a role Model to your children

