

*By helping children engage in physical activity and healthy eating, parents, schools, teachers and communities can serve as role models and together become a powerful force to protect our children's health.*

*- Acting Surgeon General, Rear Admiral Steven K. Galson*

## Choose a Healthy Lifestyle

Childhood obesity rates have more than doubled for adolescents ages 12 to 19 years and tripled for children ages 6 to 11 years in the past three decades.  
*(Institute of Medicine of the National Academies)*

Good health - wellness - doesn't just happen.  
Wellness has to be a habit.

*(U.S. Department of Health & Human Services)*

## Increase Your Physical Activity

All adolescents should be physically active daily as part of play, games, sports, work, transportation, recreation, physical education, or planned exercise within their family, school, and community.  
*(Centers for Disease Control and Prevention)*

Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day to promote good health.

*(President's Council on Physical Fitness and Sports)*

## Be a Positive Role Model

Research shows that parents are often their children's most important role model. Children who see parents enjoying healthy foods and being physically active are more likely to do the same.

*(U.S. Department of Health & Human Services)*

By understanding their role in influencing children's dietary practices and physical activity, parents can learn how to create a healthy nutrition environment in the home, provide opportunities for physical activity, discourage sedentary behavior, and serve as role models themselves.

*(The Future of Children)*

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