



# Healthy Weight for Families

Patient and Family Education

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## What does healthy weight mean?

People come in all shapes and sizes and there is no perfect weight. Body size does not always show how healthy a person is. A healthy weight is where your body will naturally be when you follow the basic steps for a healthy lifestyle. These steps are eating well, being physically active and handling stress.

## What are the three steps to having a healthy weight?

Dieting and restrictive eating can often lead to long term weight gain and poor eating habits. Three steps for having a healthy weight are listed here:

### 1. Eat well

- Plan and serve regular meals and snacks.
- Prepare most of your meals and snacks at home.
- Eat meals and snacks at a table.
- Turn off the TV during meals and snacks.
- Sit and eat together as a family.
- Keep mealtime conversations pleasant.
- Serve vegetables and fruit each day.
- Serve water and milk with meals and snacks.
- Offer water instead of sweet drinks between meals and snacks.
- Limit or stop drinking sodas, sweet tea, juice, sports drinks and artificially sweetened drinks.

### 2. Be Physically Active

- Make physical activity for every family member a part of each day.
- Take part in physical activity with your children each day.
- Make activities fun, simple and non-competitive.
- Aim for at least 60 minutes of active play each day.
- Limit TV time to 1 hour per day for all family members.
- Take TVs out of bedrooms.
- Provide a safe place to play.

### 3. Handle Stress

- Stress is a part of our lives, but we can choose how we handle it.
- Build activities that reduce stress into your family's day. This might include such things as:
  - Taking a walk
  - Singing songs
  - Playing a game
  - Stretching or yoga
  - Deep breathing or meditation
  - Other physical activities that your family enjoys

## In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.

## Healthy Weight for Families, continued

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- Make sure all family members get enough sleep.
- Eat regular meals and healthy snacks.
- Include physical activity each day.
- Set aside time for family meetings to talk about issues in a calm and relaxed way.

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