

Healthy Weight Loss Tips for Teens



Education

INFORMATION FOR PATIENTS AND FAMILIES

Does your **WEIGHT** and shape get in the way of...

- Feeling good about yourself?
- Feeling healthy?
- Being active or playing sports?

Do **YOU** want to make changes which would encourage a lower body weight?

If **YOU** have decided that you want to lower your weight (or gain less weight) as you grow:

What Are Some Simple Things You Can Do to Eat Right?

- Don't skip meals
- Eat regular meals: people who skip meals, especially breakfast, tend to overeat later in the day and may have lower metabolic rates. Eating regular meals increases the rate that calories are burned due to the energy needed to digest the food.
- Eat more fruits, vegetables, and salads (at least 5 servings per day)
- Drink water. Soda, juice, sweet tea, or sports drinks give you a large amount of sugar and calories.
- Avoid eating out and at fast food restaurants. If you do eat out, choose items that are not fried.

How Can You Exercise More Often?

- Walk with your friends instead of sitting.
- Ask your friends and family not to park close to the Mall – so you can walk more
- Use stairs instead of elevators
- Dance in front of MTV or other music for 30 minutes
- Make exercise rules for yourself: "I have to jog in place for 20 minutes before any TV"
- Sign up for a sport or take out your bike/skates/dog for workouts each weekend
- Cut back on the time spent in front of the TV or computer

Successful Long-Term Weight Control Has 3 Parts:

1. **GOOD NUTRITION:** It is important to eat a variety of foods each day. The body works better with balanced meals that include a variety of nutrients (vitamins, minerals, fiber, carbohydrate, protein, fat, and water).
2. **EXERCISE:** Exercise helps control weight gain by using calories (fuel), using body fat (stored fuel) and promoting muscle build-up. A person who has more muscle has a higher metabolic rate. A higher metabolic rate means using more fuel (calories).
3. **BEHAVIOR CHANGE:** Making small changes can eliminate bad habits and build new lifestyles to become and stay healthy.

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.

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