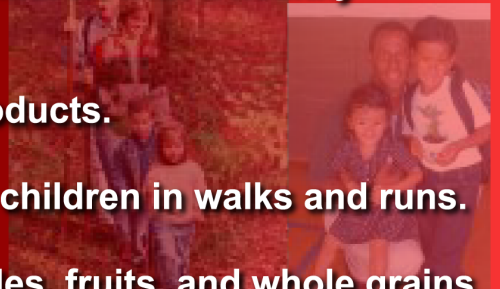


Be a Role Model! Start Heart Disease Prevention Early with Your Children

According to the Surgeon General, risk factors for heart disease, such as high cholesterol and high blood pressure, occur with increased frequency in overweight children and adolescents compared to children with a healthy weight.



- Strongly discourage smoking or use of tobacco products.
- Encourage daily exercise - participate with your children in walks and runs.
- Provide a heart-healthy diet - high in vegetables, fruits, and whole grains and low in saturated fats including beef, butter, cheese, whole milk, and coconut and palm oils. Avoid high-calorie low-nutrition snacks.
- Encourage weight control through exercise, your positive emotional support, and diet modifications as directed by the child's physician.
- Focus on your child's health and positive qualities, not your child's weight.
Gradually encourage the whole family to exercise more and eat heart-healthy.