



In Motion

website: <http://www.nasoceana.navy.mil>

Healthy kids become healthy adults

The rise in overweight children and obesity among children is a serious national health issue that threatens the quality of life for many families. A family's daily routine should include healthy eating and physical activity. Part of a healthy weight program includes making healthy changes at home. Although weight can be affected by many factors, the home environment is often a major deterrent to effective weight management.

According to the American Dietetic Association, the following are questions that will help identify areas where your family may want to make changes:

- Does your family eat meals together at least once a day?
- Are there regularly scheduled meal times at home?
- Do portion sizes of food meet each person's nutritional needs?
- Are meal times enjoyable?
- Does your family avoid using food to punish or reward?
- Does your family enjoy physical activities together once or twice a week?

Eating meals together provides the chance to establish a regular meal schedule and to keep in touch with family members. Create a positive and supportive environment by preparing healthy meals that the whole family eats. Without a schedule, people snack more frequently and often consume high-calorie foods.

A balanced, healthy diet includes five servings of fruits and vegetables. Eating a fruit or vegetable with each meal and including them in snacks is an effective way to eat the recommended amounts needed for health and disease prevention. Reduce fat by using substitutes such as low-fat dairy products, salad dressings, lean meats and poultry, mayonnaise and trans-fat free margarines.

Today, most American children are consuming excess amounts of sugar. If your child eats a healthy diet, one sweet a day is fine. Avoid high calorie sugary drinks and foods with sugar listed as one of the first three ingredients. There are healthy snacks that help prevent excessive weight gain such as low-fat cheese and low-fat crackers,



Students from Robin Herndon's second grade class participate in a physical activity demonstration during the Corporate Landing Elementary 2004 Health and Fitness Festival June 11. Diana Settles (r), a Oceana/Dam Neck In Motion campaign representative provided the exercise sessions to the students.

raw vegetables with low-fat dip, cereal with low-fat milk and graham crackers with low-fat hot chocolate.

Eating out with kids is getting

easier as more restaurants are becoming more health oriented. Butters, gravies, sour cream, mayonnaise and salad dressings can be put on the side. Many low-fat

condiments are available such as salsa, catsup, mustard and barbecue sauces. Low-fat milk, fruit juices and water are available instead of soft drinks and milkshakes. Since many children's menus are often limited to fried and other high-calorie foods, look beyond the children's menu. Watch portion sizes. If food portions are too large, ask for a take-out container or split the meal between two children.

There is clear evidence that overweight children likely become overweight and obese adults. A good quality of life begins early with proper eating and exercise habits.

Information obtained from the American Dietetic Association

Editor's Note: Trans-fatty acids, or trans fat, are created when vegetable oil is hydrogenated. Trans fats raise "bad cholesterol" and decrease "good cholesterol," and may cause damage that leads to diabetes and strokes.

Oceana Health Promotions July classes

Branch Medical Clinic Oceana Health Promotions Department class schedule for July:

Tobacco Cessation classes start July 6, "Right Weigh" weight management classes start July 8

**Hypertension class July 6
Cholesterol Education class July 15**

All classes are held at the Fitness Center classroom. To schedule, call 953-9242. For additional information, call 314-7084.