

Some exercise safety tips

If your child is very overweight and has not exercised regularly before, check with your doctor before starting him on any form of exercise.

Get your child to:

- wear comfortable and well-fitting shoes. Also wear comfortable and light clothes.
- stop exercising if he is not feeling well.
- start slowly and gradually build up.
- stop and rest if he is feeling breathless, tired or in pain.



- avoid exercising outdoors during the hottest time of the day.
- exercise before meals or at least two hours after meals.
- do five minutes of stretching exercises before and after exercise to warm up and cool down respectively.
- drink plenty of plain water before and after exercising to replace water loss.

Put more life into it

Your child can also lose fat by being more active to increase the energy output. Get him to:

- use the stairs instead of taking the escalator or lift.
- walk faster and put more spring into his movement.
- get off one bus stop earlier and walk the rest of the way.
- take up a hobby that requires body movements.
- walk around after a meal instead of just sitting around.



- watch less television or do some stretching exercises while watching.
- stand and walk more, sit less. Walk when travelling for short distances.
- do things instead of sitting around.
- help with simple housework and gardening.