


Why be trim and fit

Being trim and fit helps your child to:

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- A cartoon illustration of a young boy with black hair, wearing a blue t-shirt, yellow shorts, and yellow shoes. He is holding a leash for a small brown dog sitting next to him. In his left hand, he holds a purple book with 'ABC' written on it. Lines connect various parts of the boy and his dog to a list of benefits of being trim and fit.
- feel more confident
 - increase self-esteem
 - look better
 - experience fewer medical problems
 - improve blood pressure and cholesterol levels
 - reduce anxiety and stress
 - control weight
 - build healthy bones and muscles
 - be more alert and study better
 - improve strength and endurance

How you can help

As parents, you can help your child to lose weight.

- Find out how much excess weight he has to lose.
- Plan with him on how much weight he should lose by a certain date.
- Teach and help him to practise healthy eating habits.
- Help and encourage him to be more active and exercise regularly.
- Be a good example by practising healthy eating habits and exercising regularly yourself.
- Praise him whenever he makes changes in his eating and exercise habits.
- Encourage and motivate him even if he does not seem to be losing any weight.
- Be positive and supportive. Avoid nagging or scolding.