

Be patient and supportive

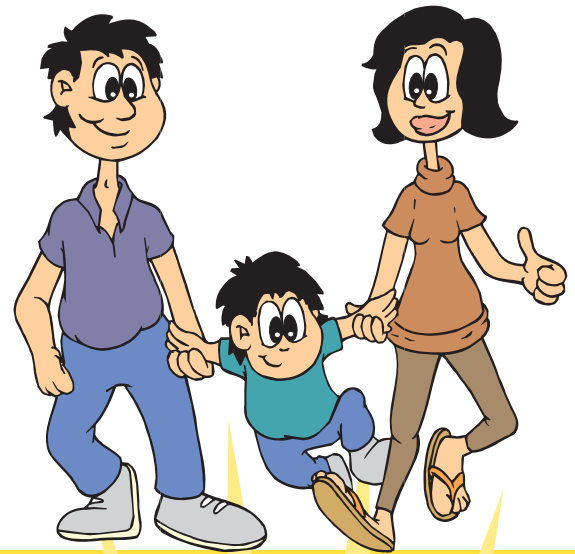
Losing weight is hard. It takes time and a lot of patience.

Your child needs your support.

Praise him when he is able to stick to his diet and exercise plan.

Encourage him not to give up if he finds it difficult or slow.

Once your child has reached his ideal weight, both of you can be proud that he is now trim and fit. **He can face the future with greater confidence and in better health.**



Make healthy lifestyle a family activity

My family's healthy eating choices

	Type of food my family enjoys and eats often	Replace with healthier choices
Breakfast		
Lunch		
Dinner		
Snack		

How to encourage your child's physical activity

- Be a **good example** by being physically active, making healthy eating choices and not smoking
- **Encourage** your child to be physically active
- **Learn** what your child want from physical activity programmes and help them choose **appropriate** activities
- **Play and be physically active** with your child
- Set **goals for increasing** your child's physical activity and **monitor** his progress
- **Encourage his friends and family members** to be physically active
- Use **protective clothing and proper equipment** to prevent injuries and illnesses

My family's fitness plan

Day	Activity planned	How long (in min)	Activity each week (tick if carried out)											
			1	2	3	4	5	6	7	8	9	10		
Mon														
Tues														
Wed														
Thur														
Fri														
Sat														
Sun														