


# Why be trim and fit

Being trim and fit helps your child to:

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- 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.