

# SEPTEMBER NEWSLETTER

## CHILDHOOD OBESITY AWARENESS MONTH

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### MONTHLY CHALLENGE

**WEEK 1:** Facilitate healthy, wholesome conversations with your children at least once a day

**WEEK 2:** Enjoy an outdoor activity as a family at least 1-2x a week

**WEEK 3:** Eat dinner as a family at least three times a week

**WEEK 4:** Create a family health and wellness plan for the next month



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### WELLNESS CORNER FOR PARENTS

As children develop and mature, it is important as parents to facilitate healthy and wholesome conversations regarding health and wellness.

Every child is different, so it is important to focus appropriate ways of delivering the right messages.

**Be Positive and Supportive**

Whether your child is dealing with a bully or struggling with body image, supporting your child will go a long way to building confidence and self-esteem.

**Be Realistic**

Focusing on small, specific steps makes achieving a healthy goal seem possible. It's like the difference between telling your child, "Your room is a mess, clean it up!" versus, "Your room is a mess. Please put your shoes in the closet and make your bed." The more specific instructions are, the more likely it is that the task will get done.

**Keep the Conversation Open**

Asking children how they feel may help them to feel that they can speak openly.

**Normalize the Issue**

Communicating about obesity as a health concern keeps it in the context of other health issues that children may face, like asthma or ADHD.

<http://weighinguide.com/talking-to-your-children.html>

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# WELLNESS CORNER FOR CHILDREN

Every child and every adult has a healthy body shape that is right for them. But in today's world it's easy for us all to gain excessive – and unhealthy – weight. The best thing you can do to achieve the healthy body that is right for you is to create healthy habits for yourself and your entire family

Try implementing the 5-2-1-0 rule noted below to help you and your family enjoy a healthier lifestyle.

<b>5</b> Eat 5 servings a day of fruits and veggies 	<b>2</b> Spend less than 2 hours a day in front of a screen 	<b>1</b> Be active at least 1 hour a day 	<b>0</b> Limit sweetend drinks to near 0 every day 
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For additional medical assistance for weight loss and nutrition for your whole family, give us a call to schedule a consultation appointment!

(385) 203 - 1250

OREM:

700 W 800 N, Suite 220

Orem, UT 84057

PROVO:

1055 N 500 W, Building A

Provo, UT 84604

## ANNOUNCEMENTS

Join our free FB Live classes this month!

SEPT 4 — Pediatric Weight Loss

SEPT 18 — Involving Family & Friends



@ RHWeightLoss



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Revere Health Weight Loss & Nutrition Center