

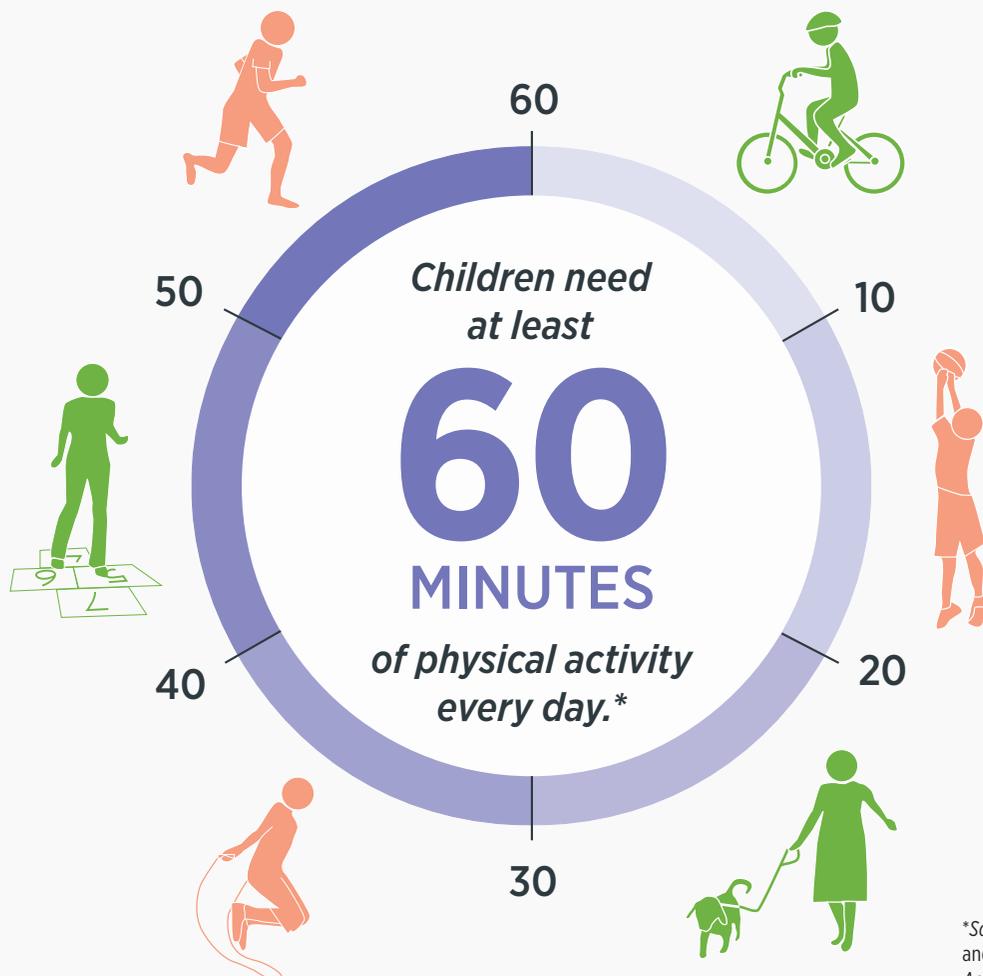
What's Your Next Move?

HELP REDUCE CHILDHOOD OBESITY

..... No. 3 in a series of infographics on childhood obesity

BE ACTIVE EVERY DAY

To be healthy your child needs at least 60 minutes of physical activity every day. Break the time into smaller parts during the day; it all adds up. Here are some fun ways to get active with your child.



*Source: U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines>

WHAT'S YOUR NEXT MOVE?

Visit the Weight-control Information Network (WIN) website at <http://www.win.niddk.nih.gov> to learn more about how to reduce childhood obesity and download a free copy of WIN's recently updated brochure *Helping Your Overweight Child*.