

SAY GOODBYE TO OBESITY

5 Tips To Stay Away From Obesity

Family Support

Plan and execute together



Healthy Eating

Eat 3 servings of vegetables and 2 servings of fruits everyday



Drink water instead of sugary drinks



Reduce energy-dense foods



Be Active

Have at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic, every week



Reduce sedentary behavior



Screen time: ≤ 2 hours/day



Ongoing Practice

Think positive and make lasting changes



Adequate Sleep

6-12 years old:
 ≥ 9 hours/day



13-18 years old:
 ≥ 8 hours/day

