Barriers to Achieving a Healthy Weight

Parental Concerns for Poorly Designed Neighborhoods

Solutions:

• Walk together as a family after dinner
• Reserve at least one half day each weekend for family physical activities

Scientific Support:

Park Density Impacts Weight Change in Overweight Rural Youth

• The built environment has been previously implicated in poor weight control, specifically the proximity to parks in those involved in family lifestyle intervention (Epstein et al., 2012).

• Overweight and obese children (n=93) were recruited from four rural southeastern counties to participate in a RCT to evaluate the effectiveness of a behavioral family weight management intervention; 20% of the participants did not live within 10 miles of a park.

• Park density was related to a decrease in BMI-z score among those participating in the family behavioral intervention but not among those who were in the control group.

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Lack of Opportunities to Build Strength

Solutions:

• Provide opportunities for young children to safely climb, pull and jump to encourage the development of muscular strength and endurance.

Scientific Support:
Barriers to Engaging in Physical Activity

Restricted Play Spaces

Solutions:

• Create an imagination station indoors with safe, active toys
• Turn on the stereo, not the TV and teach your children to dance.
  • Think Dancing with the Stars!
• Create outdoor areas to promote active play with moveables such as pull toys, scooters, balls, wagons etc.
• The 30-minute Rule

Scientific Support:

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Excess Media Time

Strategies:

• Drop the media devices in a box by the door and go outside and play before homework
• Interactive computer games

Scientific Support:

Play Now! Homework Later!

- When children get home after school, their brains are tired, but not their bodies.
- They’ve had a long day in a sedentary environment and need to be active to let off steam.
- Instead of a snack, hand your child a glass of water and send him outside to ride a bike, skate, play ball or tag for about 30 minutes. Indoors he can dance, shoot hoops with foam balls or skip rope.
- Then when he does homework, he’ll concentrate better.

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