

# Health Hints

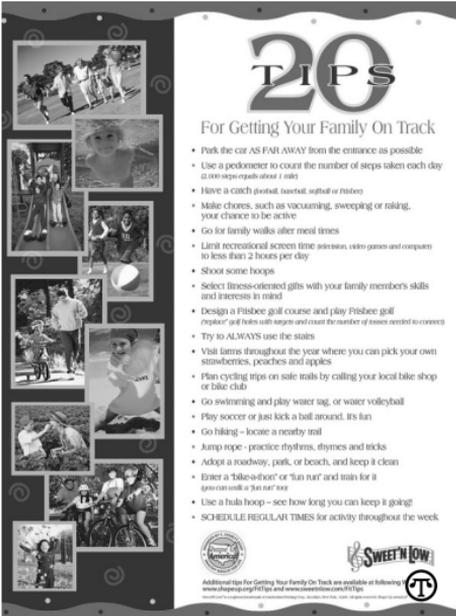
## Tips To Help Families Shape Up And Fight Obesity

(NAPSA)—On a scale of one to 10, obesity ranks uncomfortably high as a threat to the nation's health. Unfortunately, the rates of obesity in the United States continue to gain, with about one-third of the adults overweight and nearly another third obese. Obesity in both young people and adults is responsible for higher rates of diabetes, hypertension and other health problems.

While a big part of the problem is the amount of food put on families' plates, another part is not getting enough physical exercise. Although there are countless ways parents and youngsters can participate in activities together, it doesn't always happen.

To encourage families to engage in recreational activities and sports, a poster has been created called "20 Tips For Getting Your Family On Track." The poster—available in English and Spanish—is part of an ongoing partnership between Sweet'N Low® and *Shape Up America!*, a not-for-profit organization that promotes physical activity and healthy weight management. The tips, which are easy to do and fun for the family, include:

- Plan cycling trips on safe trails by calling your bike club.
- Shoot some basketball hoops.
- Use a pedometer to count the number of steps taken each day (2,000 steps equals about one mile).
- Jump rope—practice rhythms, rhymes and tricks.
- Try to always use the stairs.



**20 TIPS**  
For Getting Your Family On Track

- Park the car AS FAR AWAY from the entrance as possible
- Use a pedometer to count the number of steps taken each day (2,000 steps equals about 1 mile)
- Have a CATCH (crawl, stretch, walk) or routine
- Make chores, such as vacuuming, sweeping or raking, your chance to be active
- Go for family walks after meal times
- Limit recreational screen time (television, video games and computer) to less than 2 hours per day
- Shoot some hoops
- Select fitness-oriented gifts with your family member's skills and interests in mind
- Design a Frisbee golf course and play Frisbee golf (Frisbee® golf holes with targets and count the number of times needed to convert)
- Try to ALWAYS use the stairs
- Visit farms throughout the year where you can pick your own strawberries, peaches and apples
- Plan cycling trips on safe trails by calling your local bike shop or bike club
- Go swimming and play water tag, or water volleyball
- Play soccer or just kick a ball around. It's fun
- Go hiking—locate a nearby trail
- Jump rope—practice rhythms, rhymes and tricks
- Adopt a neighborhood, park, or beach, and keep it clean
- Enter a "bike-a-thon" or "fun run" and raise for a good cause or fun race
- Use a hula hoop—see how long you can keep it going!
- SCHEDULE REGULAR TIMES for activity throughout the week

Additional tips for Getting Your Family On Track are available at [www.shapeup.org/fit](http://www.shapeup.org/fit) and [www.sweetnlow.com/fit](http://www.sweetnlow.com/fit)

**YOU CAN CLIMB INTO SHAPE by always using the stairs. It's one of 20 tips in this poster for getting your family on track.**

- Schedule regular times for activity throughout the week.

Many are surprised about how much they can do to reverse the trend of obesity in America and to promote a healthy lifestyle for their family—one that balances food intake with physical activity.

To request a full-size, 18" by 24" poster, go online at [www.sweetnlow.com/health/fit/tips.html](http://www.sweetnlow.com/health/fit/tips.html) or [www.shapeup.org](http://www.shapeup.org).

Both Web sites also provide a PDF version of the poster for downloading as well as 30 additional tips to help get your family in shape.