

## 5 ways to fight childhood obesity

Parents should set the example and be persistent, said Dr. Felipe Lobelo, who specializes in nutrition, physical activity, and obesity at the CDC.

1. Eat more fruits and vegetables. Serve vegetables your kids are most likely to eat.
2. Spend less time in front of a screen. Place limits on the amount of time kids spend in front of a TV or computer—no more than 2 hours a day is a good guide.
3. Exercise more. Just play outside for at least an hour a day.
4. Eliminate sugary drinks. Avoid soft drinks, juices, and energy drinks. Encourage kids to drink water.
5. Set the example. Good eating habits start at home.

