

Fitwits M.D.

The Fitwits teamed up with doctors to talk with kids about ways to stay healthy.

Hi, I'm Sunny Yolk.
My friends and I
want to talk with
you about ways
to stay healthy.

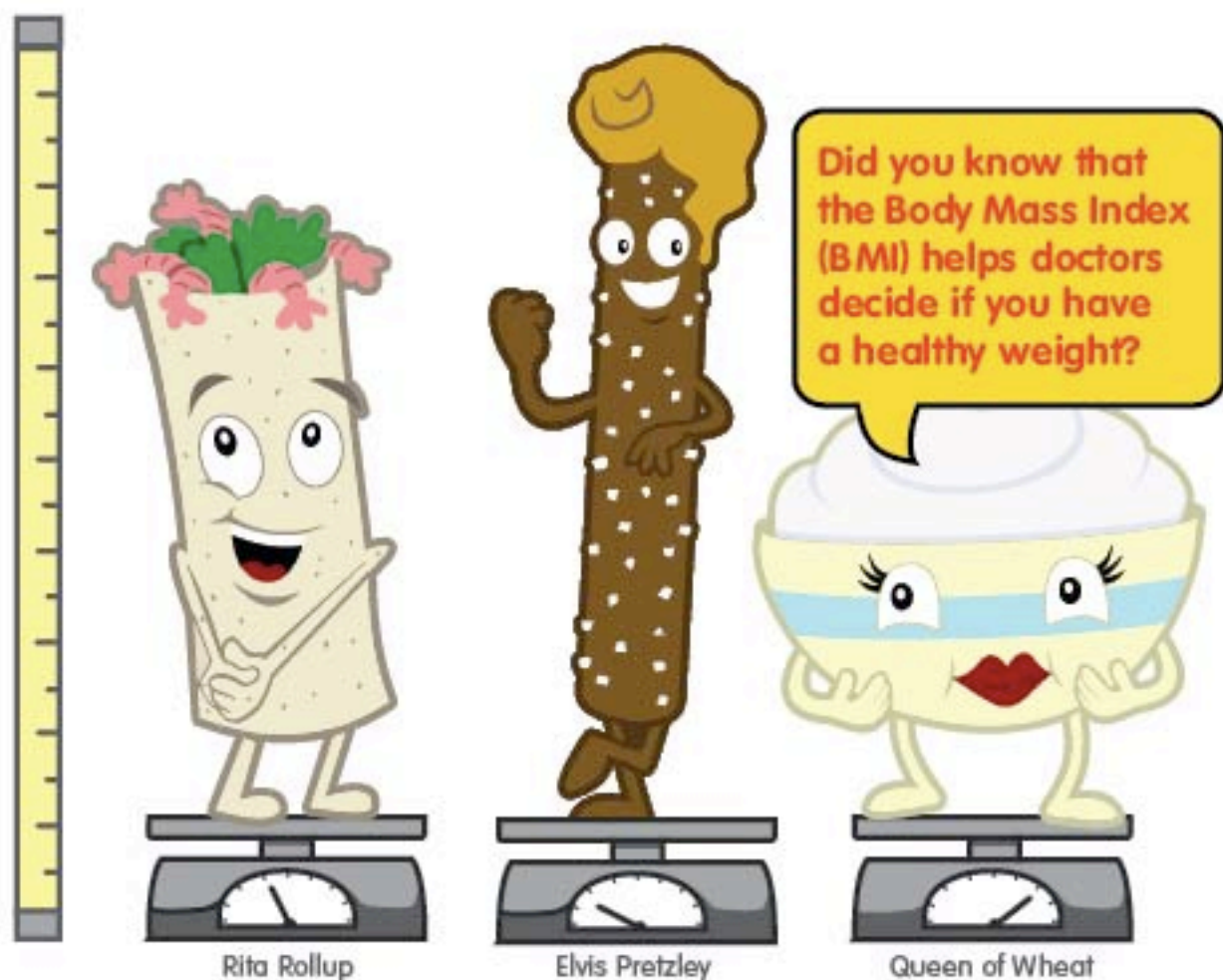
Staying healthy
doesn't have to
be confusing!

fitness
wellness
nutrition
CALORIES
obesity

energy
portion
health
BMI
overweight



Kids come in all shapes and sizes.



Rita Rollup

Elvis Pretzley

Queen of Wheat

Having too much or too little
weight for your height isn't great—
it's all about **balance**.

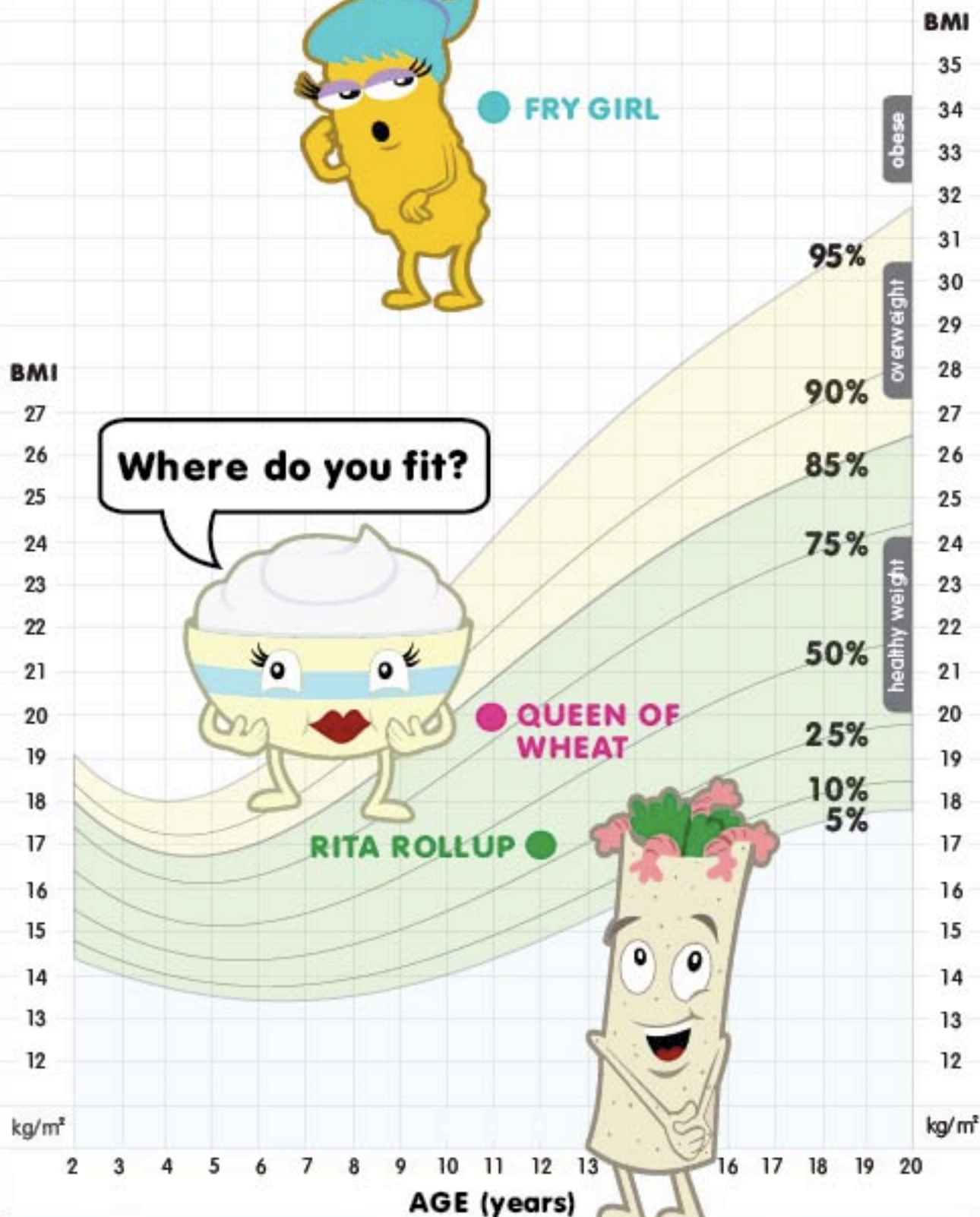
Obesity

Obesity is when someone has too much weight for their height.

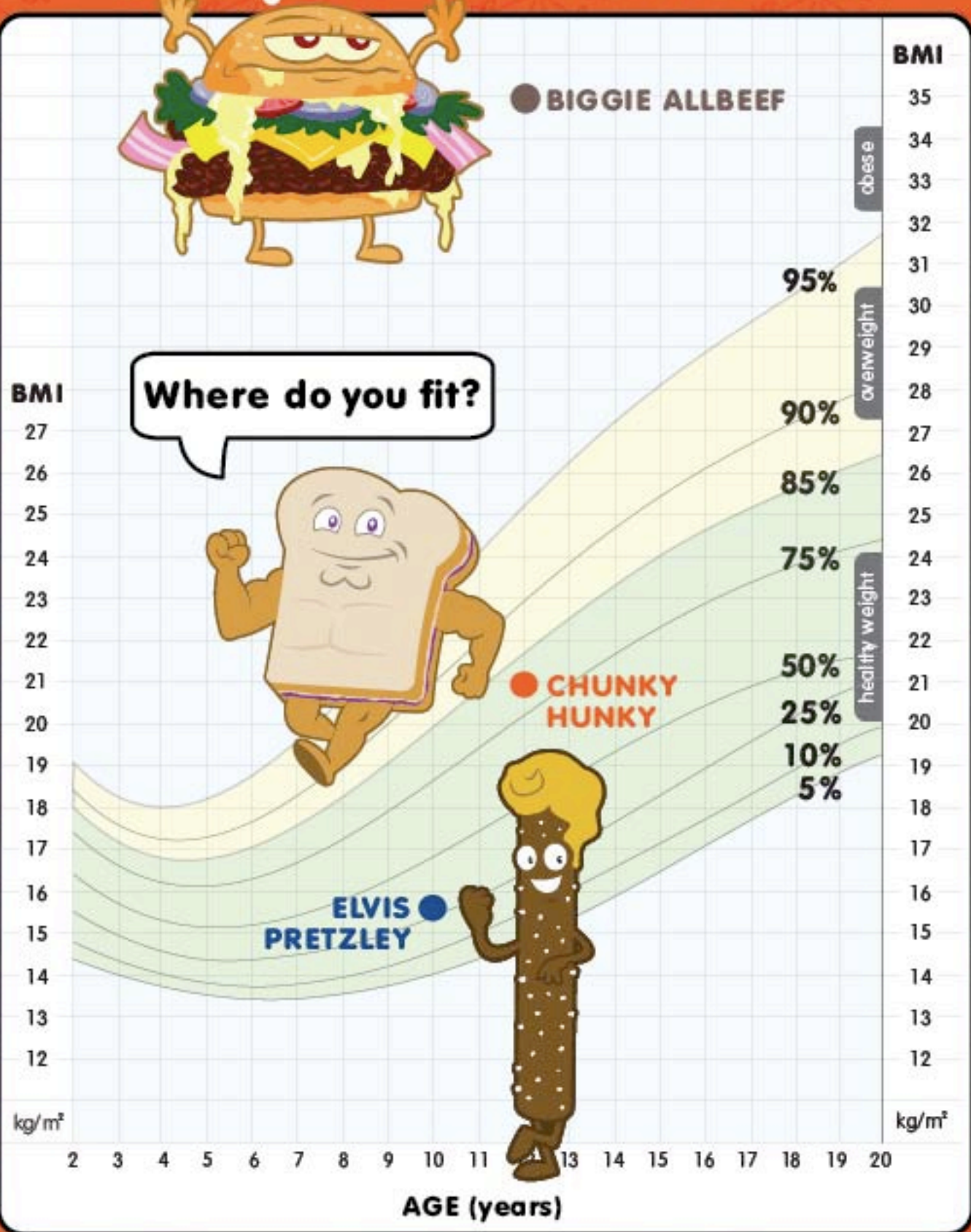


Does anyone in your family have type 2 diabetes, high blood pressure, or heart disease?

Girls BMI chart



Boys BMI chart



Sugar



1

can of soda

=

13

**teaspoons
of sugar**

**YIKES!
Better stick
with water!**



How many glasses of water do kids need each day?
(5-6 glasses a day)

Fat

This fast food meal contains more fat than you should have all day!



Whoa! Let's make a snack at home instead of getting fast food!

⚽ **Be Active!** ⚾



60
minutes
a day



Tell me the ways you like to be active.

Portion

Portion is the amount of food you should be eating based on your size.



Just use
your
hands!

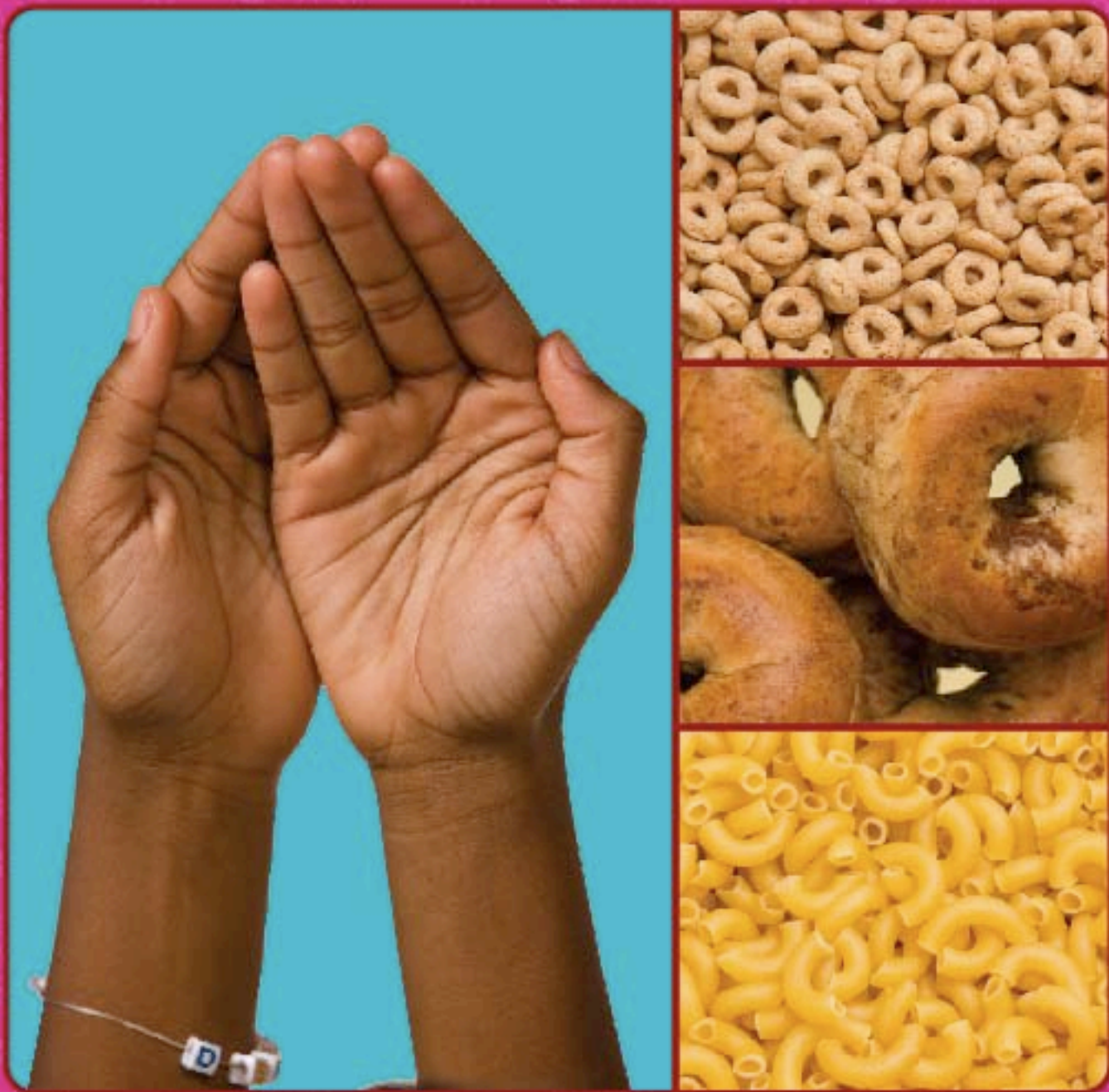
You can
be an
expert on
portion!

Palm



Meat, Protein

Two Cupped Hands



Cereal, Bread, Pasta

Two Fingers



Cheese, Nuts, Dried Fruit

One Thumb Tip



**What other foods
do you think
belong here?**

(regular dressing, margarine)

Ketchup, Butter

One Thumb



**What other foods
do you think
belong here?**

(light sour cream, hummus)

Peanut Butter, Spreads

Three Fingers



Candy, Cookies, Fried Foods

One Fistful



Vegetables, Fruits

Let's Review

Great job! Learning to stay healthy can be fun. Are you ready to use Fitwits at home?

- Obesity can cause health problems
- Know your BMI
- Be active 60 minutes a day
- Cut back on fast food, fat and sugar
- Use your hand(s) as a portion guide

