

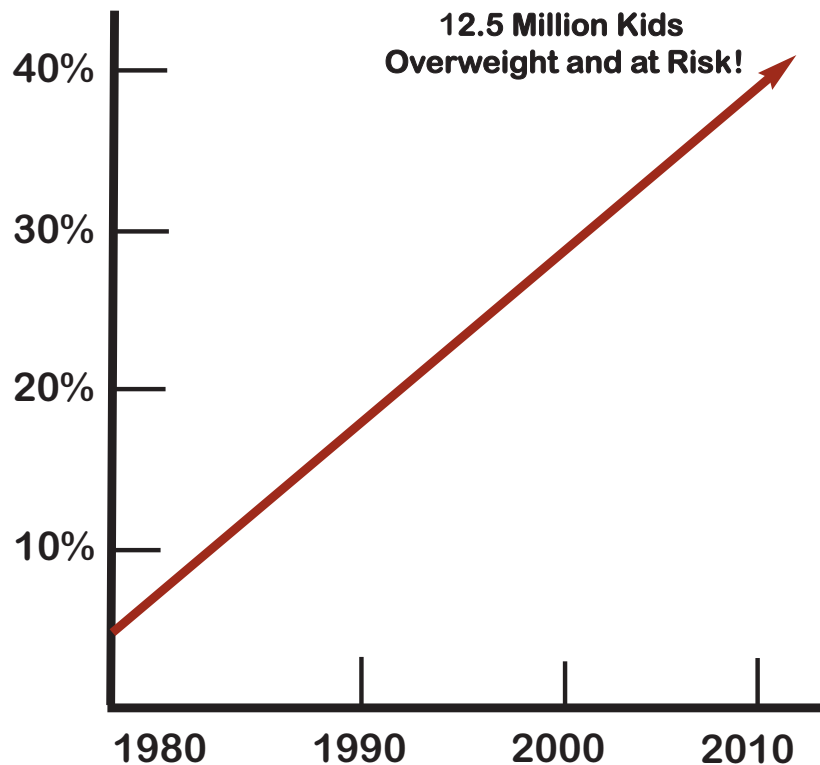
You Have the Power to Stop Childhood Obesity



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County Executive



Childhood Obesity Reaches Epidemic Proportions!



Protect Your Family with Small Steps that Can Make a Big Difference

1. Reduce high-calorie, high-fat foods and beverages.
2. Serve more whole grains, fresh fruits and vegetables.
3. Reduce computer, TV and video screen time.
4. Serve (or order) smaller portion sizes.
5. Make sure everyone gets at least 60 minutes of physical activity every day.

**Keep Your Children Healthy with the Daily
95210**

9 - hours of sleep

5 - or more fruits and vegetables

2 - hours or less of screen time

1 - hour or more of physical activity

0 - trans fats and sugary beverages

**You Have the Power to Prevent
Childhood Obesity!**