

DISNEY GET - 5 WEEKLY TIPS

ACTIVITY

1. Discourage TV and computer time by turning on the stereo when you get home. Teach your child to cha cha, tango or waltz or let them teach you the latest dance craze.
2. Let kids do something active and FUN when they get home from school, before homework, like riding bikes, walking the dog, skating , dancing to Radio Disney, or playing tag outside)
3. Create a physical activity center with safe, indoor active toys and games in the corner of the family room. Call it an imagination station and include scarves, hats, and old dress up clothes.
4. Let your kids try a variety of activities such as sports, dance, martial arts or swimming in a safe and encouraging program. They'll make friends with other active kids.
5. Insist that your child take a 5-minute break every 30 minutes of TV, computer and even homework! Let them dance or stretch during commercials.
6. Active parents have active kids. Increase weekend physical activity by filling a tub with balls, jump ropes, skates and yard games. Go for a family bike ride, hike or fly kites.
7. Young children are best suited for short bursts of intermittent active play—like tag--- so be careful not to impose adult exercise goals, programs or equipment.
8. Let young children safely climb, run and jump to help develop muscle strength and bone density. Do strength training together with your older children.
9. When your child is vegging out in front of the tube, redirect and give choices:
Would you like to go outside and play, rake leaves or tidy your room? If you let him, he will play!

NUTRITION

1. Discourage eating in front of the TV or computer by establishing family dinners on the weekend and gradually during the week.

2. Gradually restrict all eating and drinking (except water) to the kitchen counter, table or dining room.
3. Display healthy snacks like fruits and vegetables in easy to reach areas in the home.
4. Give your children water when they are thirsty, not high sugar beverages such as sodas.
5. At the grocery store, purchase foods with ≤ 5 grams of fat and/or 15 grams of sugar. Have kids select one fruit and vegetable to try each week and skip the candy, cookie and soda aisle. Include kids in meal preparation.
6. Serve kids an appropriate portion size (usually $\frac{1}{2}$ cup) of each food prepared. Children will eat more if you serve them more.
7. Encourage at least 3 bites of each food on the plate.
(Be sure to "grade" new veggies as an A-great, B-good, C-so-so, D-ug, F-no way! And serve high scoring veggies again and often.)
7. Allow infrequent consumption of non-nutritious foods away from the home and gradually reduce fast food consumption to less than one time per week.
8. Try a new, healthier, lower calorie version of your family's favorite recipe (replace regular ground meat with lean; replace whole milk with 2%, replace cream cheese with "lite" version or yogurt!)
9. After 8 is too late. Discourage snacking after dinner so children will be hungry when they wake up. Plan breakfast the night before and make it attractive.
10. Teach kids that it's ok to leave food on their plate so they will learn to self-regulate and not over eat.

BEHAVIOR

1. Set a date to start the Disney GET 5 Program and make sure the whole family is willing to make the commitment. Circle the date on your family's calendar.
1. Try baked instead of fried chips; or try frozen yogurt instead of ice cream.
(To switch to 2% milk; mix whole milk with 2% the first week to make the change easier!)

2. Pat your child on the back, and make positive comments to them about their weight loss efforts. (Don't use food as reward, or "get on" your child for "slipping" or "cheating"!)
3. Set a goal to increase activity and decrease calories this week-be specific, write it down. (Provide a reward for your child like relinquishing a chore or a new jump rope!)
4. Write down everything you eat as well as all activities you do this week. (Don't forget snacks and drinks, or climbing stairs and playing outside!)
5. Plot each family member's weight now and prior to starting the GET 5 program. Pat yourselves on the back for a job well done!
6. Do something fun with your child and family this week. (Try a new food, new recipe, go roller-skating or to a water park!)
7. Enroll your child in an activity, yourself in a cooking class, and your family in a gym. (Do something active with your family this week than you can and will do 2-3 evenings a week!!)
8. The Ultimate Parent Tip: Stop the nagging. Don't draw attention to negative behaviors. Rather, spend your energy praising your child when he chooses healthy foods or physical activity.
9. When your child selects an unhealthy snack, re-direct and give choices: Do you want strawberries, carrots or melon for you snack?

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