

A young child with blonde hair is peeking over a large slice of watermelon. The child's face is partially visible above the watermelon, and their hands are resting on the edge of the slice. The background is a soft, out-of-focus green, suggesting an outdoor setting.

## FOLLOWING IN YOUR FOOTSTEPS?

Did you know that parents can influence their children's weight? A study found that when one parent is obese, a child has a 40% chance of also becoming obese, while when both parents are obese, the risk increases to 80%. The **National Pathology Group** has these tips to help decrease the chances of childhood obesity:

- Limit TV and computer games to one to two hours per day.
- Learn about healthier alternatives when eating out.
- Encourage daily exercise and do it together as a family.
- Praise every improvement, however small, when a child eats healthily.
- Adopt an holistic approach to a healthy lifestyle.
- Remember that achieving optimal weight is a process and not a once-off event.