A Better Way to Manage Weight Management

Introducing the COACH program, the new streamlined obesity initiative from Arkansas Children’s Hospital
Nutrition & Exercise for a Healthy Lifestyle

COACH
Center for Obesity and its Consequences in Health

&

ACCENT
Arkansas Children's Center for Exercise and Nutrition Therapy
Metabolism

Everyone has their own **metabolic rate** – the rate at which the body burns calories.

*Your metabolic rate will be reviewed with you based off of the InBody study.*

### Increase your metabolism by:
- Eating regular meals
- Exercising regularly

### What lowers your metabolism?
- Skipping meals, especially breakfast
- Inactive lifestyle, not exercising/extreme exercising
- Strict dieting
- Starving our bodies for eight hours or more
Building Healthy Habits

Eat balanced meals that include foods from all 5 FOOD GROUPS. Choose fruits and veggies, grains, protein, and dairy. Choose water to drink. Use a smaller plate.
Portion Size Matters

- Use the hand guide as a tool. Because hand size varies, compare your fist to an actual measuring cup.
- Measuring cups and measuring spoons are also a great way to monitor portions.
- Nutrition label reading will provided recommended serving size.
Re-Think your Drink

Better beverage choice? WATER!

Generally, you should have a glass of water with every meal or snack.

Drink 6 – 8 glasses of water per day.

TIPS FOR INCREASING WATER INTAKE

- Add lemon, lime or orange slices to a glass of water
- Keep a water bottle with you all the time and remember to refill it when empty

Other Alternatives

- Diet soda
- Unsweetened tea
- Flavored water (Crystal Light, Mio, etc.)
- Powerade Zero
**Know the Facts**

### Nutrition Facts

**Serving Size**: 1 cup (228mg)

**Servings Per Container**: 2

**Amount Per Serving**

- **Calories**: 260
- **Calories from Fat**: 120
- **Total Fat**: 13g (20%)
- **Saturated Fat**: 5g (25%)
- **Trans Fat**: 2g
- **Cholesterol**: 30mg (10%)
- **Sodium**: 660mg (28%)
- **Total Carbohydrate**: 13g (10%)
- **Dietary Fiber**: 0g (0%)
- **Sugars**: 5g
- **Protein**: 5g

**% Daily Value**

- Vitamin A: 4%
- Vitamin C: 2%
- Calcium: 15%
- Iron: 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.*

### Tips:

1. **CHECK SERVING SIZE**
   - The Nutrition Facts information is based on a standard serving size. Know many servings are in the package.

2. **CHECK SATURATED & TRANS FATS**
   - Both fats are unhealthy for your heart.
   - Saturated fats should be less than 2 grams (2g) per serving.
   - Trans fats should be zero grams (0g) per serving.

3. **Choose foods with at least 3g DIETARY FIBER**
   - Choose foods with less than 10g of SUGAR per serving

4. **REMEMBER**, the label shows information per serving. If you eat 2 servings, you are getting twice as much as the serving size.
Exercise Recommendations

American Academy of Pediatrics (AAP) and the Center for Disease Control (CDC) recommends 60 minutes of moderate exercise per day.

What is moderate activity?
- You should feel hot and sweaty
- You should be out of breath
- You should not be able to carry on a conversation
Screen Time

What qualifies as screen time?

TVs • Phones • Tablets • Video games • Computers

American Academy of Pediatrics recommends less than two hours per day
Ways to Increase Activity

Make it fun for the entire family!
Walk or run a 5k. Go for a hike on a nature trail. Play on a playground. Utilize community parks, ball fields and other recreational facilities.

Make physical activity part of a daily routine.

Play games that encourage physical activity.

Give items that encourage movement. (Soccer balls, basketballs, jump ropes, etc.)

Do activities your child/children enjoy. They can be structured or unstructured.
Be Positive!

1. Encourage your child to participate in activities they enjoy.
2. Be positive about his/her participation.
3. Lead by example. Live an active lifestyle yourself.
4. Encourage your child to try new things.

We are so proud of you!

Great!

Way to go!
Calories Burned in 30 minutes:

- Basketball/football/soccer: 234 calories
- Wii Sports: 117 calories
- Dance Dance Revolution: 234 calories
- Walk Dog: 100 calories
- Tennis: 125 calories
- Hula Hooping: 117 calories
- Walking at 2.0 mph: 99 calories
- Swimming: 144 calories
- Jumping Jacks: 153 calories