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The Y Urges Healthier Habits for Kids during Childhood Obesity Awareness Month

September is National Childhood Obesity Awareness Month, and the YMCA of Tyler is reminding parents about the importance of incorporating regular physical activity and healthier eating habits into their children's lives.

Childhood obesity rates have soared over the last few decades. Nationally, one in three children is obese or overweight. More alarming, obesity puts children at risk for chronic diseases often seen in adults, such as high cholesterol, cardiovascular disease, high blood pressure and type-2 diabetes. This health crisis sheds light on the need to provide children and their parents with the resources and the support they need, emphasizing that small steps can lead to big results to reverse the trend.

One key to fighting childhood obesity is prevention. Regular physical activity – 60 minutes a day for children – and nutritious foods like fruits, vegetables and whole grains can lower children's chances of becoming obese or overweight and developing chronic diseases. It's important to note that 60 minutes of physical activity can be achieved through a number of activities throughout the entire day – it doesn't have to be done all at once. As a leading nonprofit strengthening community through youth development, healthy living and social responsibility, the Y believes that getting kids more active and allowing them to play is an important factor in improving their health.

The YMCA of Tyler offers programs such as Fit Start, ZumbAtomic for kids, and youth sports. These programs have helped children by showing them that it can be fun to be active.

"At the YMCA of Tyler, we know that many families struggle to find the time and resources to eat healthier and set aside time for physical activity every day," said Stuart Gilpin, CEO, YMCA of Tyler. "So we tailor our programs to meet the needs of families in the community to help make the healthier choice an easier choice."

To learn more about the YMCA of Tyler's childhood obesity and healthy living programs, please contact the YMCA of Tyler at 903-593-7327.