



Fighting childhood obesity a family affair

Posted by Susan Zimny

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“I sat down with the kids and said, ‘I want us to be together as long as we possibly can. If we keep eating the way we have eaten, living the way we have lived, we’re not going to be.’”

Austin’s mom



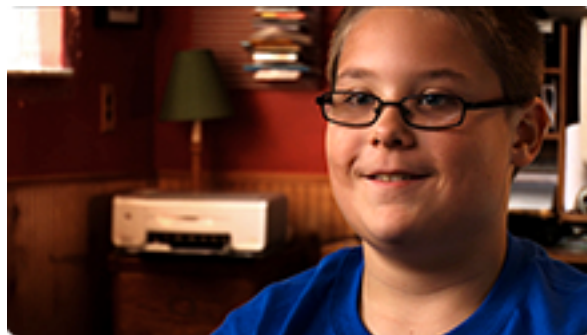
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Childhood obesity is not just a kid problem. It’s a problem for the entire family because parents are the ones who shop, cook and lead by example. And that’s why the key to battling childhood obesity is tackling it together. That’s what 11-year-old Austin learned when he and his family decided to change their ways. As a family, they cut out junk food and began exercising more. Together, they’ve lost more than 200 pounds.

“I’m not going to be younger than my mom when I die. I want to live to be like 100 and do a ton of things. I want to travel to Paris! I want to go to Italy!”

Austin, 11



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Austin had always been an overweight kid, but when his mom sat the family down and explained the dangerous path they were all on, he made it his goal to eat right and get healthy. He is one of five children who share their stories and advice for kids and parents at BeSmartBeWell.com.

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BeSmartBeWell.com highlights important health topics like childhood obesity with real-people videos, practical advice from leading experts and resources that inform and empower consumers. Sponsored by Blue Cross and Blue Shield of Illinois, Blue Cross and Blue Shield of New Mexico, Blue Cross and Blue Shield of Oklahoma and Blue Cross and Blue Shield of Texas, Divisions of Health Care Service Corporation, a Mutual Legal Reserve Company, an independent licensee of the Blue Cross and Blue Shield Association. [See all topics at BeSmartBeWell.com](http://See%20all%20topics%20at%20BeSmartBeWell.com).

MEDIA CONTACT: Ross_Blackstone@HCSC.com

ALL OTHER INQUIRIES: susan@besmartbewell.com

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