



## Parents must step up to win war against childhood obesity

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Over the past 20 years, physical education teacher Terry Wade has seen a dramatic change in her students. Childhood obesity is rampant, and lack of exercise and overeating is leading to serious health problems in kids. What to do? Step up as role models and lead by example, says Wade, who is also a volunteer coordinator for the youth fitness and nutrition program Marathon Kids. Wade and other experts recently spoke to [BeSmartBeWell.com](#) about the childhood obesity epidemic and what parents can do to help their kids.

**BSBW:** How can parents fight childhood obesity?

**Wade:** Childhood obesity is a culmination of bad habits that we've all gotten into. The biggest thing for parents now is to step up to the plate and be the role model. You need to be an inspiration.



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**BSBW:** Where do we start?

**Wade:** Set goals for yourself and your family, but be realistic. Don't bite off more than you can chew. If you can make 10 or 15 minutes to go to Starbucks, you can make 10 or 15 minutes to walk around the block. Or walk together as a family one night a week. You're going to find out more about your child in those 10 minutes than you do the entire rest of the week. If we don't start making some strong decisions about



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making good choices, than we really are going to be in a world of hurt. We can't afford not to do this.

See video of Terry Wade and many other experts, parents and kids, as well as a practical list of 10 [Habits to Have®](#) that can help families tackle the childhood obesity epidemic at [BeSmartBeWell.com](#).

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