



Practical tools and tips to battle childhood obesity

Posted by Susan Zimny

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Tags: overweight kid, childhood obesity, overweight children

If you're the parent of an overweight kid, or even if you'd just like your family to eat healthier, you might be wondering where you can turn for trusted advice and guidance.

[BeSmartBeWell.com](#) has gathered a number of resources to help you understand childhood obesity and how your family can make positive, lasting changes in your eating and exercise habits.

"We had to change how we did everything. I got active and I ate healthy."

Austin, 11



Link to dozens of respected organizations and leading authorities on childhood obesity,

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nutrition and healthy eating. Read tips for parents and visit sites just for kids. Hear national experts discussing childhood obesity, and watch personal video stories of parents and kids talking about practical solutions, all 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](#).

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