



# Healthy Children = Happy Children

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## Secrets of Wellness

The last few decades have been marked by an increasing incidence of overweight and obesity among children. This has put them at risk of developing

chronic diseases later on in life. Many children consume too many calories, including too much fat, sugar, and processed food. They also spend excessive amount of time in front of screens. All this negatively impacts their physical and mental health. For a better weight management children should have adequate sleep and at least one hour of physical activ-

ity per day. In addition, they should consume diets rich in fruits, vegetables and whole grains with water being the main beverage. As a parent help your children to form good health habits by being a role model! ♥

## You can start today!

