

Parent Prevention Post!

Prevention Curriculum

Today in class students learned about **maintaining a healthy weight**. Here are some topics we discussed!

- A **healthy weight** is a body weight that **supports your overall health-** giving you enough **energy** to **grow, learn, move, and feel your best-** while recognizing that healthy bodies come in **many shapes and sizes**.
 - **Healthy eating and exercise** are important in **maintaining a healthy weight** because they **work together** to support how the body functions!
Focus on health, not numbers!
- An **unhealthy weight** is a body weight that makes it **harder** for the body to **function well** and meet its needs.
 - An unhealthy weight is **not about appearance** or a number on a scale. It is about how the body feels, functions, and is cared for over time.
 - Signs of an unhealthy weight include low or inconsistent energy, difficulty concentrating, obsessive thoughts about food, calories, weight, or exercise, or mood changes.
- **Model balanced eating & activity!**
 - Offer a variety of nutritious foods at home and

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prioritize regular physical activity, like family walks!

- Why this is important:
 - Learning about maintaining a healthy weight helps teenagers take care of their body now and **build habits that support their health, confidence and future!**
- Communication & Getting Help:
 - Keep **communication open and judgement free!** **Consistent small conversations** are more beneficial than just one big talk.
 - Support a positive body image! Avoid negative comments about you or your child's weight.
- Concerns:
 - If you are concerned about your child's weight, talk to a healthcare provider! Assess growth patterns, not just weight. Ask for health-focused guidance, not a weight-loss plan.