

**Our KidsPak®**  
PRESENTS

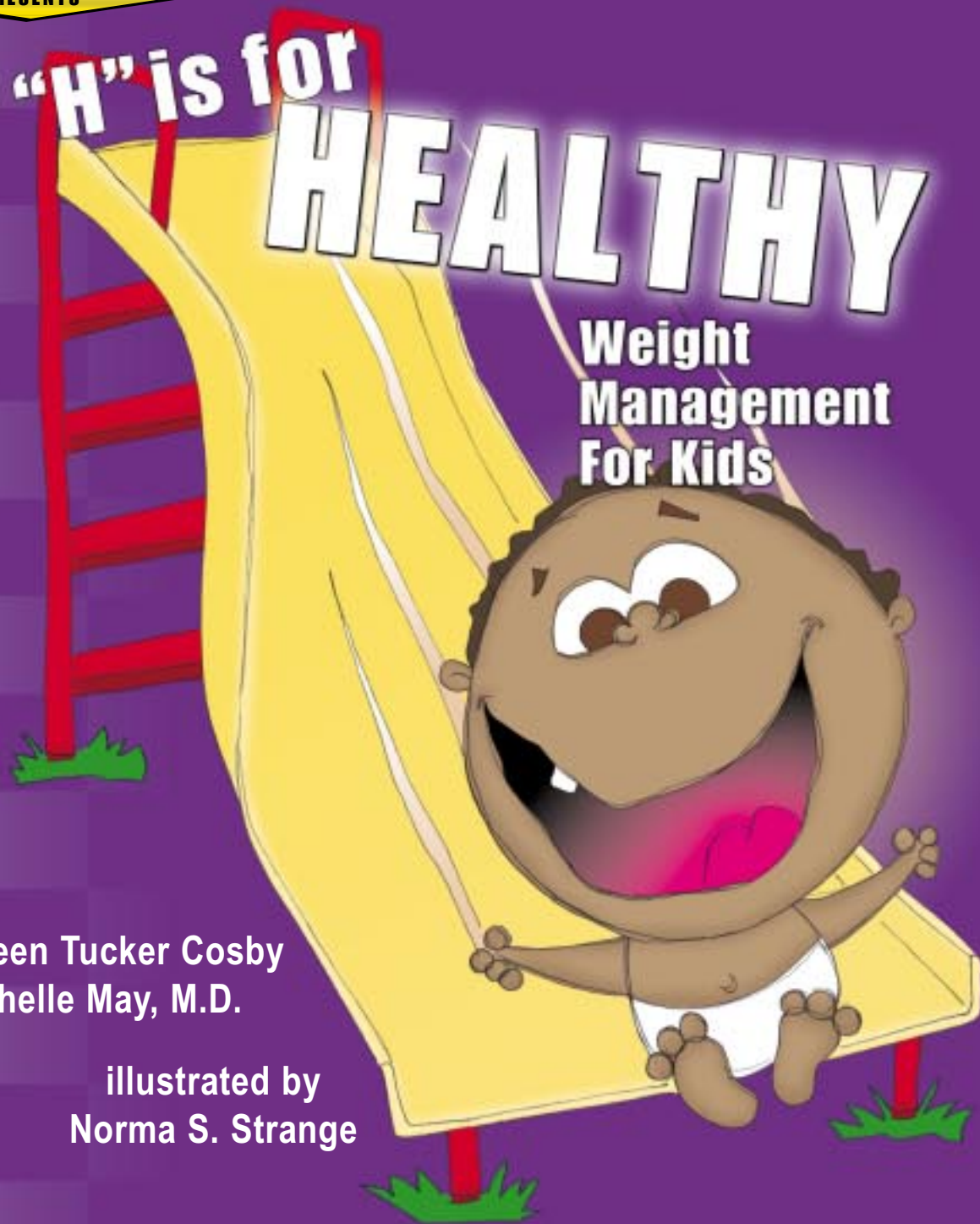
**“H” is for**

**HEALTHY**

**Weight  
Management  
For Kids**

**by Eileen Tucker Cosby  
Michelle May, M.D.**

**illustrated by  
Norma S. Strange**



*Thanks to our families and friends for believing in our mission  
of promoting positive lifestyles for children & their families.  
Their generous contributions have made it possible to make this book  
available to schools, churches, libraries and various community programs.*



Text ©2005 by Eileen Tucker Cosby  
Illustrated ©2005 by Norma S. Strange

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First Edition

ISBN 09707420-5-3  
Library of Congress Cataloging-In-Publication Data Pending

## “H” is for HEALTHY - Weight Management for Kids

**NOTE TO PARENTS:** One of the most important lessons children can learn is how to **care for their bodies**. When the focus is on health rather than on weight or appearance, children develop respect for themselves and others. From the moment they are born, children have an instinctive ability to know how much food their bodies need. When caregivers override this natural system of regulating food intake, children may develop food and weight problems.

For example, if adults reward or comfort children with food, children may turn to food to soothe their own hurts. If a child is forced to “clean their plate,” they learn to ignore the physical discomfort of being too full in order to win approval and earn dessert. To help children maintain their natural, healthy weight, adults must respect the child’s internal cues of hunger and satisfaction. At the same time, adults are responsible for providing delicious, healthy choices to meet the child’s nutrition and energy needs. When children learn the basic principles of good nutrition, they gain the necessary tools for a lifetime of healthy eating. **The best opportunities for learning, bonding, and modeling good eating habits and communication skills occur at the family table.**

Children are also naturally energetic, fun-loving, and curious. Limiting their passive “screen time” and providing plenty of opportunities for them to play actively helps them keep their bodies fit and healthy. **When the adults in their lives are active too, everyone benefits!**

“*H*” is for *Healthy - Weight Management for Kids* is a fun way to teach and reinforce the importance of healthy eating, an active lifestyle, and unconditional acceptance for their bodies. These healthy attitudes and behaviors are invaluable gifts that will last a lifetime.

*The Our KidsPak® series has been developed to promote interaction between parents and their children about various social, humanitarian, intellectual and spiritual issues. Please take time to read and discuss the content of this book with your child. The entire family will benefit from the positive messages presented.*

When your tummy feels **satisfied;**

When you're content  
And **feeling great;**

There's no reason to keep on eating.

Cuándo tu estómago esté satisfecho;  
Cuándo estés feliz y contento;  
No hay razón para seguir comiendo  
No tienes que limpiar el plato.



**You don't  
have to clean  
your plate.**



Manten tu cuerpo activo.

No te sientes enfrente de la tele todo el dia.

Monta la bicicleta baila o ve a nadar.

O reúnete con tus amigos a jugar en el parque.

Keep your body **active.**

Don't sit in front of a screen all day.

Ride your bike, dance or go for a swim.

Or meet your **friends** in the park to play.

Focus on your talents

And all you do that's **good.**

**Eat healthy** and be active

And have a **happy** childhood!

Enfocate en tus talentos

y todo lo haces que es bueno.

Manten una dieta sana y mantente activo

¡y ten una niñez feliz!







Let's get **started!**

## "H" is for HEALTHY Lifestyle Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Eat dinner with your family nearly every night.	Ride your bike or walk to school.	Eat two different fruits today.	Play leapfrog.	Tell how you feel when you are hungry or full.
Week 2	Jump rope 10 times your age.	Make a fruit smoothie with milk, fruit and ice.	No screen time day. Play outside instead!	Share the best and worst parts of your day.	Opposite day! Eat breakfast for dinner.
Week 3	Create a new dance.	Help prepare a healthy meal for your family.	Draw pictures that show different feelings.	Try a vegetable you have never seen before.	Family Game Night.
Week 4	Walk your dog (or someone else's!)	Try brown rice or whole wheat pasta.	Go on a bike ride with your family.	Play basketball or soccer with your parents.	Go out for dinner and make healthy choices.

### Try these on the weekends:

Create your own family exercise video. Go to bed early to get a good nights' sleep. Have a family picnic and play games in the park. Take a walk and pick up trash along the way. Wash your cars and bikes. Help with the grocery shopping. Build an obstacle course. Make parfaits by layering yogurt, fruit and cereal.



## Eileen Tucker Cosby, Co-Author

As an overweight child, Eileen was compelled to co-author “H” is for *HEALTHY - Weight Management for Kids*. At 10 years old, Eileen’s parents helped her to change her lifestyle by increasing her physical activity, and making healthier food choices. Eileen hopes that the techniques in this book will help children understand that being healthy can be fun.

Eileen is an encouragement and empowerment expert. Her insightful vision of people lets her see what is possible for them in their lives and in business. She speaks to corporations and sales teams about the importance of a positive attitude to achieve and maintain established goals. For more information, call 480-557-6749 or email [eileen@swakpak.com](mailto:eileen@swakpak.com).



## Michelle May, M.D., Co-Author

Michelle May is a wife, mother, family physician, and recovered yoyo dieter. She is passionate about motivating children and adults to build optimal health, manage their weight, and live fulfilling, joyful lives. Dr. May developed the innovative, rational, multidimensional weight management system, *Am I Hungry?*® which was the inspiration for “H” is for *Healthy - Weight Management for Kids*. She is also the author of *Am I Hungry: What to Do When Diets Don’t Work* available at [www.AmIHungry.com](http://www.AmIHungry.com).

To benefit from Michelle’s expertise and dynamic speaking presentations, call 480-704-7811 or email [MMay@AmIHungry.com](mailto:MMay@AmIHungry.com).



## Norma S. Strange, Illustrator

Norma knows the weight challenges that come from being a busy working mom. She experienced Dr. May’s “Am I Hungry” program firsthand and joins other men and women who’ve been empowered to release the bonds of dieting. As the topic of obesity grips our nation, Norma knew she needed to focus her artistic and graphic design talents to help families with this topic.

Norma, *The Marketing Magnifier*, consults with businesses to help them gain more from their marketing efforts. She speaks to entrepreneurs of all ages teaching effective branding. Her inspiring presentations are humorous and jam-packed with successful business ideas. For more information on her speaking or services, call 480-557-6749 or email [nstrange@swakpak.com](mailto:nstrange@swakpak.com).