

EATING AND EXERCISE:



IT'S ALL ABOUT BALANCE

This 8 minute DVD provides basic diet and lifestyle education to overweight children and their families and states:

- *that the medical team is concerned about the child's weight*
- *what the medical and psychological consequences of overweight are; &*
- *5 ways the family can make changes immediately*

The video is narrated by a Registered Dietitian and includes advice from a psychologist and pediatrician. The diet and lifestyle recommendations are illustrated by overweight children making healthy choices.

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