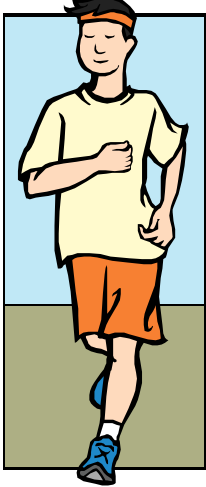


# Children's BMI Calculation



- To calculate your child's BMI, please refer the attached tables, or visit [http://kidshealth.org/parent/nutrition\\_fit/nutrition/bmi\\_charts.html](http://kidshealth.org/parent/nutrition_fit/nutrition/bmi_charts.html)
- KidsHealth.org has an excellent BMI calculator that is **easy to use** and gives a **great explanation** of the results.
- All you have to do is enter your child's sex, birth date, height, weight and then your results will appear with an explanation of your child's BMI. It's that **EASY!!!**

## Family Activity Ideas

- ✓ Daily or charity walks, jogs, or runs with the family
- ✓ Outdoor sports....flag football, basketball, biking, hiking, tennis, swimming
- ✓ Outdoor chores...raking leaves, mowing (push mower), picking up trash near your home or community
- ✓ Walk the dog, hand wash the car
- ✓ Visit a different San Angelo park every weekend. For a list of local parks, please visit: [http://www.sanangelotexas.org/index.asp?Type=B\\_BASIC&SEC={E894CB59-765D-4175-83C8-53D5BD6047C7}](http://www.sanangelotexas.org/index.asp?Type=B_BASIC&SEC={E894CB59-765D-4175-83C8-53D5BD6047C7}) or visit [www.sanangelotexas.org](http://www.sanangelotexas.org) and visit the Parks and Recreations web page.
- ✓ Sign your child up for community sports/activities at your local YMCA! The YMCA has excellent child activities to enroll in. Contact 325-655-9106 for a list of options.



## Educational Websites

- ❖ These websites are for further information about general childhood obesity information, healthy diet suggestions, activity ideas, parenting tips and suggestions for concerned parents:
  - [http://www.gethealthysanangelo.com/health\\_news.php](http://www.gethealthysanangelo.com/health_news.php)
  - <http://www.cdc.gov/obesity/childhood/index.html>
  - [http://www.fitnessforyouth.umich.edu/frames/frameset\\_parents.html](http://www.fitnessforyouth.umich.edu/frames/frameset_parents.html)
  - <http://www.healthiergeneration.org/>

- <http://www.nlm.nih.gov/medlineplus/ency/article/001999.htm>
- <http://kidshealth.org/>

