



Raising Health

Everyone can make goals to improve their health. We have the privilege to help you with this here at Blue Ridge Pediatrics. Whether we have diagnosed you with prediabetes, high cholesterol, fatty liver disease, elevated BMI, or identified you to be at risk, we want to be here for you and your family to support and guide you to be the healthiest version of you.

Getting started: Here are lifestyle changes to think about implementing in your life.

- Increase fruits and vegetable intake. Children should get 1-2 cups of fruit in a day and 1-2 cups of vegetables in a day.
- Cut out sugary drinks including juice, soda, sweet tea, sports drinks
- Increase activity- 60 mins a day of moderate to vigorous exercise- Running, soccer, basketball, biking, jumping rope, strength exercises (like push-ups, sit-ups)
- Decrease/Cut out highly processed foods (These are foods that are significantly changed from their natural state and they often contain added ingredients like salt, sugar, fat, artificial colors, flavors, and preservatives.)

Look at the list above and identify what an achievable goal would be for you. To be **"achievable"**, it needs to be a change within your control. For example, if you do not go grocery shopping or do not have a say in your food intake, this is not a good goal to make.

We will see you every **3 months** and go over the goals and changes to your lifestyle.

Goals:

- 1.
- 2.
- 3.