



National Childhood Obesity Awareness Month

September is National Childhood Obesity Awareness Month and a great time to bring awareness to this growing concern in children. Here are some helpful tips on how to prevent obesity in our future generations.

Eat more fruits and vegetables

serve more fruits and vegetables at meals and snacks, this will help decrease the amount of high fats and sugary foods



Stay Active

children are recommended to get 60 mins or more of physical activity DAILY. Make it fun and involve the whole family

Drink More Water

Always encourage more water and make it available at all times and try to limit the amounts of sugary drinks.



For more information about the Genesis Program, please call or email

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