



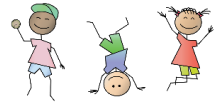
September 2019



Hi everyone! Did you know that **September is [Childhood Obesity Awareness Month](#)**? My clubhouse friends and I are joining advocates across the nation to bring awareness to the importance of obesity prevention through tools and resources that allow communities to support children and families on their journey towards good health! According to the Centers for Disease Control and Prevention (CDC), many factors can have an impact on childhood obesity. For some children and families, obesity may be influenced by the following:

- Too much time spent being inactive
- Lack of sleep
- Lack of places to go in the community to get physical activity
- Easy access to inexpensive, high calorie foods and sugary beverages
- Lack of access to affordable, healthier foods

SEPTEMBER



CHILDHOOD OBESITY
AWARENESS MONTH



Thankfully, we have many friends across North Carolina and in other states that are champions for helping children and families gain access to the tools and experiences that will help them to live healthier lives. Check out North Carolina's statewide movement, [Eat Smart Move More](#), for resources that promote increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play, and pray. The Eat

Smart Move More multidisciplinary team has a vision of a state where healthy eating and active living are the norm, rather than the exception. Their mission is to reverse the rising tide of obesity and chronic illness among North Carolinians by helping them to eat smart, move more, and achieve a healthy weight.

How will you eat smart and move more in September? My clubhouse friends and I plan to eat smart by enjoying some of the fruits and vegetables that are currently in season in North Carolina such as delicious apples, muscadine grapes, cucumbers, and cabbage. We plan to move more by spending our after school time and weekends doing family fitness activities together instead of spending too much time on screens. There are no rules when it comes to how you are active with your family and friends. You can walk around the block, ride bikes or scooters, practice yoga poses, have a dance party, participate in a [PlayDaze](#) (a day dedicated to play for the sake of playing), and more! The creative opportunities for being active are endless.



For more information on active play ideas, check out our Be Active Kids [Pocket Playcards](#) and our daily posts on our Be Active Kids [Facebook](#) page.

Keep being active, eating healthy foods, and encouraging your family and friends to do the same! Share your pictures and ideas on Facebook, Twitter, and Instagram using **#caughtbeingactive**, **#wheresblue**, and **@beactivekids**.

See you in October for Farm to School Month and celebrating the beginning of fall!

- Blue the Caring Cub

