

1



Do regular exercise for at least 30 minutes every day.

2



Avoid high calorie fried snack items and take plenty of fruits instead.

3



When thirsty, avoid intake of aerated bottled drinks and increase water consumption.

4



Play plenty of outdoor games and keep physically active.

5



Reduce TV watching to a minimum.

10 Commandments
for preventing childhood obesity and diabetes



6



Help your parents in household work like gardening and cleaning

7



Avoid frequent eatouts at restaurants.

8



Avoid skipping main meals to prevent unnecessary snacking.

9



Maintain regular meal and sleep timings.

10



Parental supervision is needed during most meal times.