

## GOLD SNEAKER POLICIES

Gold Sneaker Facilities will:

- offer children at least 60 minutes of physical activity per day
- limit television and video viewing to 60 minutes per day of educational programs
- not allow children to remain sedentary or passive for more than 60 minutes continuously
- ensure physical activity is a positive experience
- ensure appropriate feeding patterns, including breastfeeding
- ensure appropriate feeding patterns, including adequate time for meal consumption
- ensure appropriate infant and child feeding patterns, including appropriate portion sizes
- promote a positive attitude toward food, and
- maintain a tobacco free campus.

Be sure **YOUR** child care facility is a **GOLD SNEAKER FACILITY**. For more information, please go to <http://tn.gov/health/topic/goldsneaker> or contact:

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# GOLD SNEAKER INITIATIVE

## For Parents/Families



## THE PROBLEM WITH CHILDHOOD OBESITY

Childhood obesity is a growing problem and may lead to health risks such as:

- breathing problems
- difficulty controlling asthma
- muscle and joint pain
- heartburn, and
- low self-esteem from teasing or bullying



These problems can follow children throughout their life span. Obese children are more likely to become obese adults. If children are overweight, obesity in adulthood is likely to be more severe.

## WHAT IS THE GOLD SNEAKER INITIATIVE?

Encouraging age-appropriate nutrition and physical activity in young children not only offers immediate benefit, but may also have long-term impact on their wellbeing as adults.

The Gold Sneaker Initiative was developed to enhance policy related to health and wellness within licensed child care facilities across Tennessee.

Gold Sneaker is a FREE and voluntary Initiative in which licensed Tennessee child care facilities may participate.

