



# Killer Diet.

**A poor diet and lack of exercise puts kids at serious risk for Heart Disease, Diabetes, Asthma, Joint Pain and more.**

There are steps every parent can take...small steps that can make a big difference. Maybe it's a family walk once a week or having fruit around for snacks instead of chips. And keeping fast food to a minimum. Start now. Help your kids make healthier choices. Ask your doctor for more information.

**Make Healthier Choices.**

Eat healthy foods. Get more exercise.



The HSC Health Care System  
The HSC Foundation

