

The Impact of Lifestyle

Part 2B: Video Review & Discussion: **Rewind the Future**

What will your child's adult life look like?

- Jim had a heart attack at age 32!
- He was 5'9" tall and weighed 340 pounds = BMI: 44.3 = Morbidly Obese.
- The choices you teach your child today become their habits for a lifetime.

Does your child:

- Throw a tantrum to get what they want?
- Hide forbidden "goodies" in their room?
- Watch hours of TV or Video Games every day?
- Snack on ice cream and cookies, and drink sodas?
- Eat "Fast Food" for nearly every meal?
- Get out-of-breath by just walking?
- Compromise health for convenience and appetite?

Have you been told, "**You've got to make a change for your kid's sake!**"

Your child's future does not have to be a battle with junk food and poor health. There is still time to reverse the unhealthy habits that our children take into their adulthood.

Do you want to be a good example for your child? Are you willing to learn how?

What was the impact of the mom's (and her son's) unhealthy choices?

Q1: What unhealthy behavior contributed most to the obese man's chronic condition?

- Excessive use of alcohol
- Poor eating habits
- Smoking
- Not enough exercise

Q2: At what age did the obese man develop an unhealthy lifestyle?

- As an adult / young parent (25-30)
- As a young adult (18-24)
- As a teenager (14-17)
- As an adolescent (11-13)
- As a child (4-10)
- As a toddler (1-3)

Q3: What lifestyle-related risk factors were probably present from an early age?

- A diet high in fat, sugar, and salt
- Not enough exercise
- High blood cholesterol
- High blood sugar
- High blood pressure
- All the above

Q4: Who is responsible for the man's unhealthy choices?

- Himself only
- Himself and his parents
- Himself and his doctor
- Himself and the culture
- Ultimately HIMSELF, but all the above have an impact

Q5: If the man survives his heart attack, do you believe he will change his lifestyle? Explain.

- Yes – Such an event is usually life changing.
- Maybe – But he will probably rely more on medical treatment.
- No – A major lifestyle change is nearly impossible, and it's too late now, anyway.
- Maybe – He could and probably would, but only IF he gets the help he needs.

Bonus Question:

Which approach to healthcare would be more valuable and effective?

- A – Everyone knowing CPR (Cardio-Pulmonary-Resuscitation) to keep people alive when they have heart attacks?
- B – Everyone doing TLC (Therapeutic Lifestyle Change) to keep people healthy and not have heart attacks at an early age.

The Real Question:

What can and **will** you do to help create a culture of optimal health?
