

Killer Sofa.



Lack of exercise and a poor diet 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

 MARYLAND
physicians care
MANAGED CARE ORGANIZATION