

Title:

A Tough Love approach to Health and Fitness

Word Count:

546

Summary:

An insightful and informative article from Anna Fleet, fitness guru and chief editor of fitness

Keywords:

fitness, workout, aerobics

Article Body:

Yesterday at the grocery store, I came across a child, who was about 8-years-old. She was lying

As they passed, I took note of the contents of the grocery cart - Coco Puffs cereal, soda, 3 b

You see, a long time ago I was that obese little girl. I was unhappy with my body, but I dulle

By the age of 12 I was 4-foot, 11-inches and 135-pounds. My doctor put me on a restrictive die

In the early 80's, being a fat child was rare. However in 2006 one in three North American kid

I'm sorry I have to lay this responsibility on the parents, but kids only practice what you pr

Practice what you preach by adopting and enforcing these FitnessGear101.com family lifestyle c

- Explain the difference between health food choices and non-healthy food choices.
- Sit down and compile a weekly grocery lists with your child.
- Let them go with you to the grocery store and shop only for the foods on the list.
- Get kids involved in preparing healthy meals, so they adopt healthy habits for life.
- It's normal to shelter our kids from ridicule. However if your child is obese their he
- Never use food as a reward. Instead reward them with mini-golfing or baseball.
- Ditch the clean-plate policy. If your child is full, don't force them to finish.
- Institute an open policy about food. Kids should be comfortable telling you when they'
- Don't eliminate snacks. It will lead to lying and binge eating outside the home. Inste
- Encourage physical activity. It will get them up and out and encourage them to sociali
- Never allow eating in front of the TV. This encourages passive eating, and the child w
- Limit TV or video games to 1 hour per day. The rest of the time, keep them busy with c

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