

Title:

Healthy Living for You and Your Children

Word Count:

617

Summary:

In striving towards healthier living for myself and my family, I discuss the three simple chan

Keywords:

parenting, family, healthy living, nutrition, natural products, eat right, exercise

Article Body:

We all want what is best for our children. In my case, it has been very important to me right

*Eat a nutritional and well-balanced diet.

Before my son was able to eat ^real~ food, I never put much thought into the quality of food I

This wasn't as difficult as I had expected. I simply sat down and made a list of the foods I w

*Get moving. As with everything I'm discussing here, it's all about being a good example for o

*Drink plenty of water. Some parents probably think I'm crazy but my son is over two years old

The most important thing I've learned in these 2 short years is how impressionable children ar

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