

Title:

Keeping Kids Active This Summer

Word Count:

226

Summary:

Experts say that kids need 60 minutes or more of physical activity a day. With childhood obesity

Keywords:

kids, active, activity, sport, sports, exercise, kid, child, children, teen, teens

Article Body:

Experts say that kids need 60 minutes or more of physical activity a day. With childhood obesity

Let them lead the way.

Kids stay active when it's fun for them, so try to keep it that way. Don't force them

Mix it up a bit.

Different sports are fun for different kids. Introducing your children to as many activities

Don't keep score.

Pushing kids to excel could lessen their interest in certain activities. Forget about

Remember to make sports a family affair. Your children will be more enthusiastic about

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