

Title:

Tips for Encouraging Family Wellness

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286

Summary:

Movie stars, athletes, media, peers - children have the potential to be influenced by many out

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Article Body:

Movie stars, athletes, media, peers - children have the potential to be influenced by many out

Recent reports indicate that childhood obesity is continuing to rise. As a result, parents are

In recognition of the importance of total family wellness, Bob Evans has listed a number of fa

\* Make sure that your family eats breakfast. According to several studies, children who consum

\* Involve your children in planning meals. Meals planned in advance tend to be healthier. Teac

\* Have family meals together. Eating meals as a family allows parents to ensure that children

\* Involve the whole family in activities. Cardiac experts recommend that children and adolesce

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