

Title:

Getting Kids Moving Can Be A Slam Dunk

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351

Summary:

Run, walk, jump, dance--do whatever it takes to get the whole family moving.

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Article Body:

Run, walk, jump, dance--do whatever it takes to get the whole family moving.

That's the advice parents are getting as the weight of the nation's children continues to climb.

According to the Mayo Clinic, the rate of obesity in the U.S. has more than doubled for preschoolers.

Fortunately, you don't need to get your child a personal trainer. Here are some tips to help:

&#8226; Be a good example. Take a walk. Go for a swim. Sign up for a class.

&#8226; Instead of always relying on the car, take walks with the kids, ride bikes.

&#8226; Take the kids to the park .

&#8226; Celebrate birthdays at parks, water parks, skating rinks and other active places.

&#8226; On weekends and during vacations, introduce kids to fun activities. Go swimming, hiking.

&#8226; If it's raining outside, organize a treasure hunt in the house, one that involves lots of activity.

&#8226; Get kids interested in playing sports. Take them to games, if possible. You can also use sports equipment.

In this DVD, hoop dreams become a reality, as Jerome Jenkins Jr., or "Triple-J," earns the respect of his peers.

&#8226; Be sure to keep an open mind if your daughter wants to play ice hockey and your son prefers soccer.

Children should do at least 30 minutes of exercise a day and 60 minutes if they want to lose weight.

Regular exercise can help improve the quality of your children's lives now and later on. It can also help prevent obesity.

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