



HOW TO RAISE AN ACTIVE CHILD

The negative effects of a sedentary lifestyle for children are alarming—high blood pressure, obesity, and type 2 diabetes, for starters. Most shocking? This is thought to be the first generation of children that will have a shorter lifespan than their parents. Here are some tips for raising a healthy child who won't become another statistic:

1. Set a good example for your kids by being active and eating well yourself.
2. Give kids gifts that encourage them to move, such as hula hoops, balls, scooters, or jump ropes. If space is an issue, install a small basketball hoop over your child's bed to shoot baskets with a soft 'nerf' ball.
3. Mix up your daily routine in order to take advantage of fitness opportunities—walk the stairs instead of riding the elevator, choose a distant parking spot and walk to your destination, and get off the bus or train one stop earlier so you can walk. Kids will develop these healthful habits on their own if they watch you do them.
4. Play with your kids! Run around outside, have a snowball fight, or put on music and have a dance party! Kids love to see adults act silly, and while they're busy playing and laughing, their hearts will be getting a great cardiovascular workout!
5. Make sure you have healthful, wholesome snacks on hand to refuel and boost your child's stamina. And don't forget about water...drink it before, during, and after any prolonged cardiovascular activity.
6. Always give praise for their fitness accomplishments; they will feel strong, self-assured, and prepared for any challenge ahead!