

FIVE REASONS WHY KIDS NEED TO BE HEALTHY:

ACCORDING TO AN ARTICLE IN *PARENTS* MAGAZINE, “READY, SET, GET HEALTHY,” YOUR KIDS NEED TO GET ACTIVE TODAY AND HERE’S THE FIVE REASONS WHY:

1. TO FIGHT OBESITY: THE PERCENTAGE OF OBESE CHILDREN HAS TRIPLED SINCE 1980.
2. TO PREVENT DIABETES: MORE AND MORE CHILDREN ARE DEVELOPING TYPE 2 DIABETES DUE TO INACTIVITY AND FATTY DIETS.
3. TO LIVE LONGER: THE INSTITUTE OF MEDICINE PREDICTS THAT TODAY’S KIDS WILL BE THE FIRST GENERATION IN HISTORY TO DIE YOUNGER THAN THEIR PARENTS! WOW! A FIT CHILD, WHO GETS REGULAR EXERCISE INCREASES HIS CHANCES FOR A LONG LIFE.
4. TO BUILD A STRONGER BODY: PHYSICAL ACTIVITY REDUCES WEIGHT, LOWERS BLOOD PRESSURE AND HELPS BUILD STRONG MUSCLES AND BONES.
5. TO BE A HAPPIER KID: GROWING UP IS HARD ENOUGH WITHOUT BEING AN OVERWEIGHT CHILD!