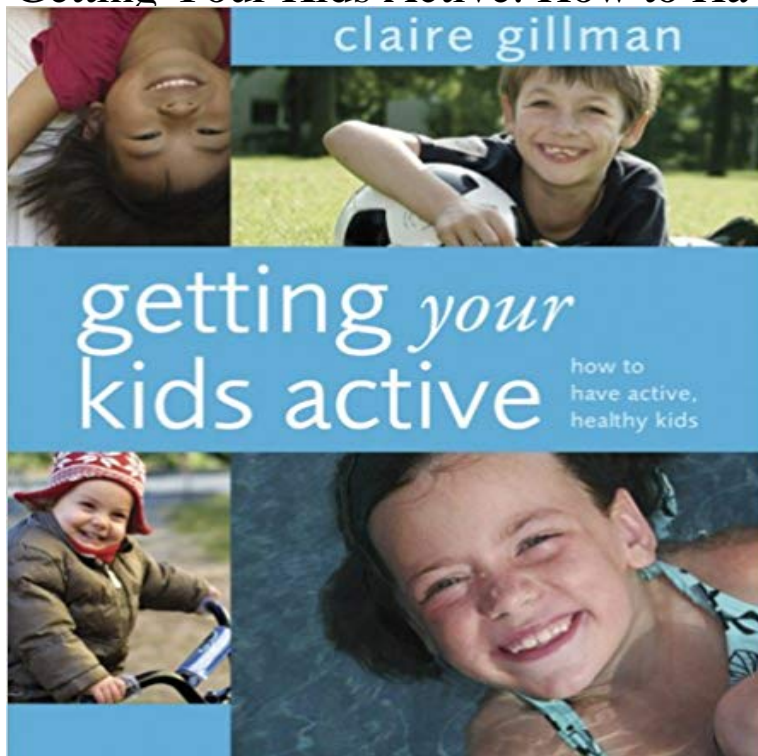


# Getting Your Kids Active: How to Have Active, Healthy Kids



The sedentary lifestyle and junk food diet of today's children are putting boys and girls as young as eight at serious risk from heart disease and obesity-related illnesses. Most people know the benefits of keeping fit, but time-strapped, modern families often find it difficult to fit exercise into their day to day lives. Getting Your Kids Active is packed with sensible, practical advice and suggestions to help ensure a fitter and healthier future for your children. Getting the whole family involved is the best way to get your child active - researchers now know that children who see their parents, particularly their mum, doing exercise tend to be among the most active themselves. Parents don't have to indulge in strenuous exercise but getting out there and doing something, preferably with the kids, sets an example that children can adopt and carry into adulthood. This book shows you how to do it!

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transportation (e.g., bus, train, car) to get to and from school **Children keeping them active - Better Health Channel**  
REGISTER YOUR COUNTRY. Get the Grades The Active Healthy Kids Global Alliance organized the concurrent  
preparation of Report Cards **none** How can I get my kids to be active? Your child learns the most about healthy active  
living from you. Include the whole family in regular physical activity and Action for Healthy Kids, childhood obesity,  
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program supporting children to become fitter, healthier and happier. **Healthy Kids : Childrens Active Travel** Todays  
families are busy! But, busy doesnt always mean active. Here are 10 tips to help kids get active and to plan their daily  
activity.

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