FITNESS

STUDENT & PARENT DISCOVERY

FITNESS: To exercise.

Overview: Exercising regularly and eating healthy foods are vital to the overall well-being of a child. Instilling the value of fitness and healthy eating habits at an early age offers them the potential for a quality life, especially as they get older.

Studies have proven that children have become one of the most unhealthy age groups we currently have in our society. Childhood obesity and diabetes are now an epidemic. This is the first generation that will not live longer than their parents. This is due in part to a sedentary lifestyle and bad eating habits. A majority of children spend too much time watching television, playing video games and sitting at a computer. They also eat a lot of processed foods, such as refined sugars and fast food.

The good news is that studies have also proven that exercise combined with good eating habits provide the opportunity to stave off such illnesses as heart disease, high cholesterol and diabetes. A healthy lifestyle is one of the best tools to improve the quality of children's lives.

Student: Fitness is fun. If you exercise, you will be healthy and strong. You'll also feel better and have more energy. You can do sports like baseball, soccer, basketball, swimming and martial arts. You can make a lot of new friends through doing physical activities.

Remember you can't just exercise you also have to eat right. That means eating a balanced diet with lots of fruits and vegetables. Don't overeat and make sure not to eat a lot of junk foods.

Parent: Most children in our country are just not healthy. Physical education programs are almost non-existent in many schools due to cutbacks, so the value of fitness is lost.

As parents, it should be your goal to make sure that your children learn and practice a healthy lifestyle, including regular physical activities and good nutritional habits. The best way to help your children achieve this goal is by the example you set. Exercise with your children everyday for at least one hour. Make eating a balanced diet fun by experimenting with healthy ways to prepare nutritious foods such as fruits, vegetables and lean cuts of meat and poultry. Not only will you feel better and be healthier, you'll be setting the best example for your children to follow.

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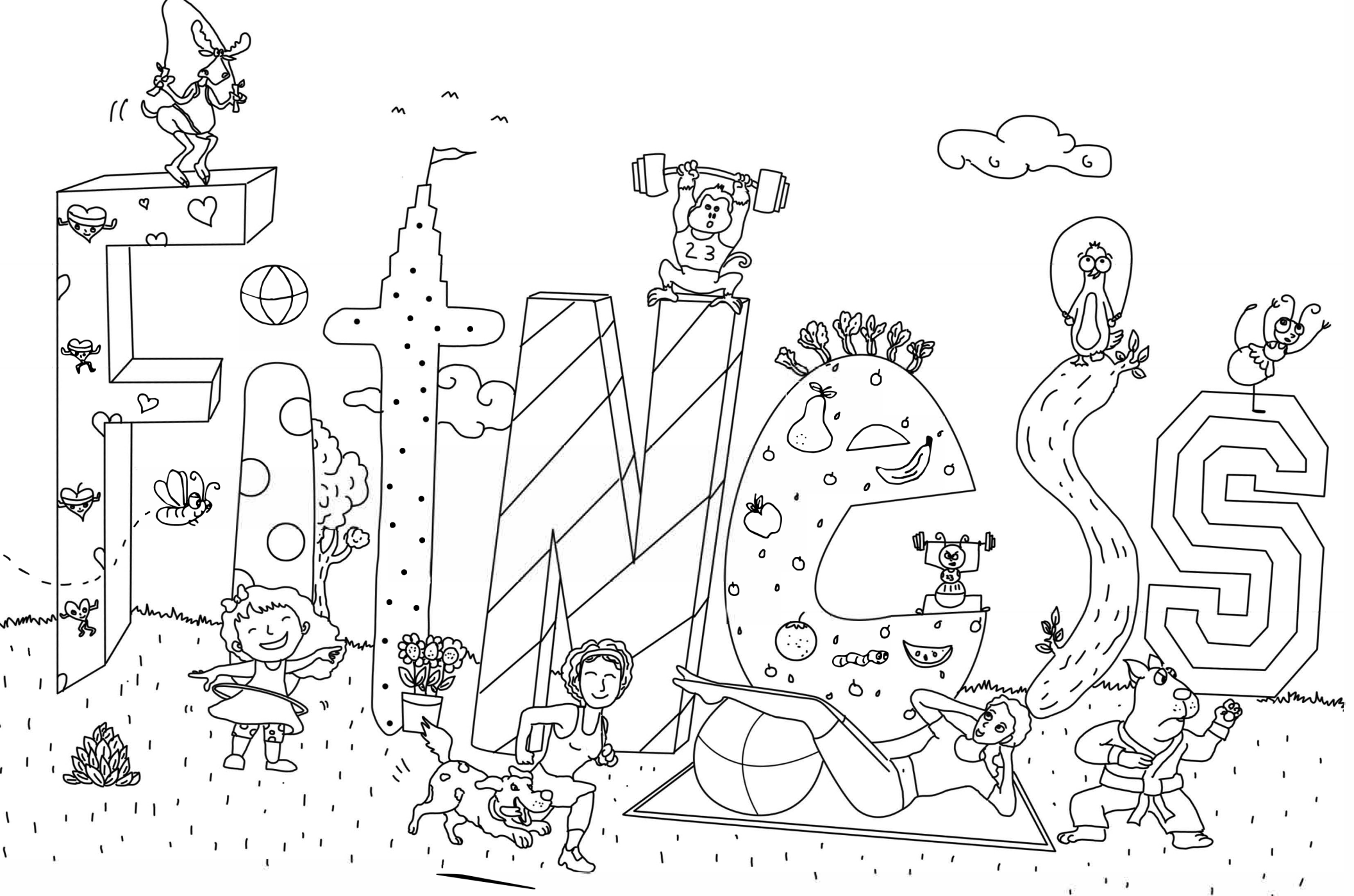

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