

Get set, go!—Encourage Your Kids To Be Active

(NAPSA)—Not only is exercise important to a child's overall health and well-being, it may also help prevent some cancers. Leading an active lifestyle right from the start is the best way to reduce cancer risk.



Active children also are less likely to be overweight and to suffer from chronic diseases, such as heart disease and diabetes, as adults.

You can help your children become physically fit by offering fun ideas that will keep them moving. Taking frequent trips to a playground, shooting hoops on a local court and tossing a Frisbee in the backyard are only a few of the outdoor play activities you and your children can do to get exercise and spend time together. On rainy days, take kids roller-skating or put on some dancing music instead of turning on the TV or playing video games.

Engaging in physical fitness activities as a family will help your children develop lifelong healthy habits.

For more fun exercise ideas, visit www.preventcancer.org.