

Encouraging Active Lifestyles Worldwide

(NAPSA)—According to the Centers for Disease Control and Prevention, although childhood obesity has more than tripled in the past 30 years, better lifestyle habits, including healthy eating and physical activity, can lower the risk of developing serious diseases. That's one reason why it's important for youths to get involved in sports.



International Olympic Committee President, Jacques Rogge, greets Singapore 2010 mascots, Merly and Lyo.

One event that may help is the Singapore 2010 Youth Olympic Games held in August. Singapore 2010 is a way for athletes aged 14 to 18 and their countries to promote sports excellence, build friendships and deepen respect for one another.

Besides the 5,000 athletes and officials from 205 National Olympic Committees who attend, the Games seek to inspire youths around the world to participate in sports. This will go a long way in combating the trend toward childhood obesity that's endangering the health of young people in the U.S. and many other places.

Learn more at www.singapore2010.sg.