

# children's HEALTH

## Exercise, Good Eating Habits Prevent Childhood Obesity



**With new exercise videos, kids can get in shape and stay healthy—while having fun.**

(NAPSA)—At any age, good eating and exercise habits can form the basis of a healthy lifestyle. While many people may not address these issues until they reach adulthood, it is important for youngsters to follow a healthful regimen as well—to prevent obesity and a potential lifetime of related health problems.

According to the Centers for Disease Control and Prevention, 15.3 percent of children ages 6 to 11 are overweight. Obesity in childhood is associated with serious long-term health consequences, including diabetes, heart disease, asthma, depression, high blood pressure, and some cancers. Obese children frequently grow into obese adults.

Here are a few ways parents can help their children develop good eating and exercise habits:

- You decide what your child eats and when, but it's up to the child to decide how much.
- If your child doesn't want to eat, don't force the issue.
- Make exercise fun, by organizing family/neighborhood soccer, kickball or softball games or family workouts.

Helping make workouts effective and fun are two new fitness videos directed towards children that foster a love of exercise—"Denise Austin's Fit Kids," from

Lions Gate Home Entertainment and Sesame Street's "Happy Healthy Monsters" from Sony Wonder. These videos encourage kids to get fit and stay that way—while also having fun.

In "Denise Austin's Fit Kids" ([www.deniseaustin.com/fitkids](http://www.deniseaustin.com/fitkids)), America's #1 fitness expert provides a total workout using various methods of exercise ranging from dance to yoga and even sports activities. "Childhood obesity is a growing health issue that can have physical, social and psychological effects on a child," explains Austin, a member on the President's Council on Physical Fitness and Sports, "and the consequences can often continue into adulthood."

Sesame Street's "Happy Healthy Monsters" is designed to encourage active playtime and healthy eating habits for preschoolers. The DVD harnesses the teaching power of "Sesame Street" in a "fitness video" format and features all-time favorite Muppets and celebrity guest stars to teach young children the importance—and fun—of good food and exercise.

Both "Denise Austin's Fit Kids" and "Happy Healthy Monsters" are available where exercise videos are sold and online at [www.amazon.com](http://www.amazon.com).