



The Second Time Around The Challenges Of Grandparenting In The 21st Century

(NAPSA)—According to the American Association of Retired People (AARP), approximately 60 million Americans are grandparents. To help their children, many of these grandparents are taking on full or part-time child-rearing responsibilities. While this new responsibility can be great fun, taking care of grandchildren also can be physically draining—and may even become a health concern to grandparents who are not prepared.

“Lifting grandchildren or bending over to pick up toys can become very difficult for people with stiff joints,” said Dr. James Rippe, a leading joint health researcher whose recent study demonstrated that a gelatine based dietary supplement could help improve joint strength and function in people with symptoms of mild osteoarthritis. “It is important to approach this caregiving properly so that grandparents can make the most of the time spent with grandchildren, while also taking advantage of the physical benefits of a lifestyle that will surely keep them on their toes.”

Caring for and playing with children allows grandparents to maintain an active lifestyle and is often excellent for cardiovascular health, as well as for building strength and balance. The following tips can help grandparents maximize the health benefits of playtime.

Tips for Pain Free Play

See a doctor regularly—

Seniors may want to get a physical from their doctor before taking on the responsibilities of caring for a child. Seeing a doctor regularly may help older adults keep up with their active grandchildren.

Start with a stretch—Caring for grandchildren can be a real workout. Approach it like any other form of exercise. Stretch to loosen muscles before starting and throughout the day.

Know your limits—While it is



exciting to be a part of grandchildren’s daily activities, it is important for seniors to listen to their bodies and to know their limits. If pain or soreness develops, grandparents should be careful not to overexert themselves.

Gelatine for Joints—Joint stiffness is often a common complaint among grandparents. Something as simple as a gelatine-based supplement, such as Knox® NutraJoint®, taken daily can help the body maintain healthy joints when caring for grandchildren. A clinical trial by Dr. James Rippe, M.D., demonstrated that a gelatine-based dietary supplement could help improve joint strength and function in people with symptoms of mild osteoarthritis.

Change your positions often—Whether reading a book, collecting leaves, or putting a scrap-book together, try not to stay in one position for too long. When joints are not moving they may become stiff and cause pain.

Pick-up properly—When picking up a child—or a toy—always bend at the knees. Remember to lift a child with the knees, not the back.

By following the simple steps above, grandparents can enjoy hours of healthy, active play with their grandchildren all year long.

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