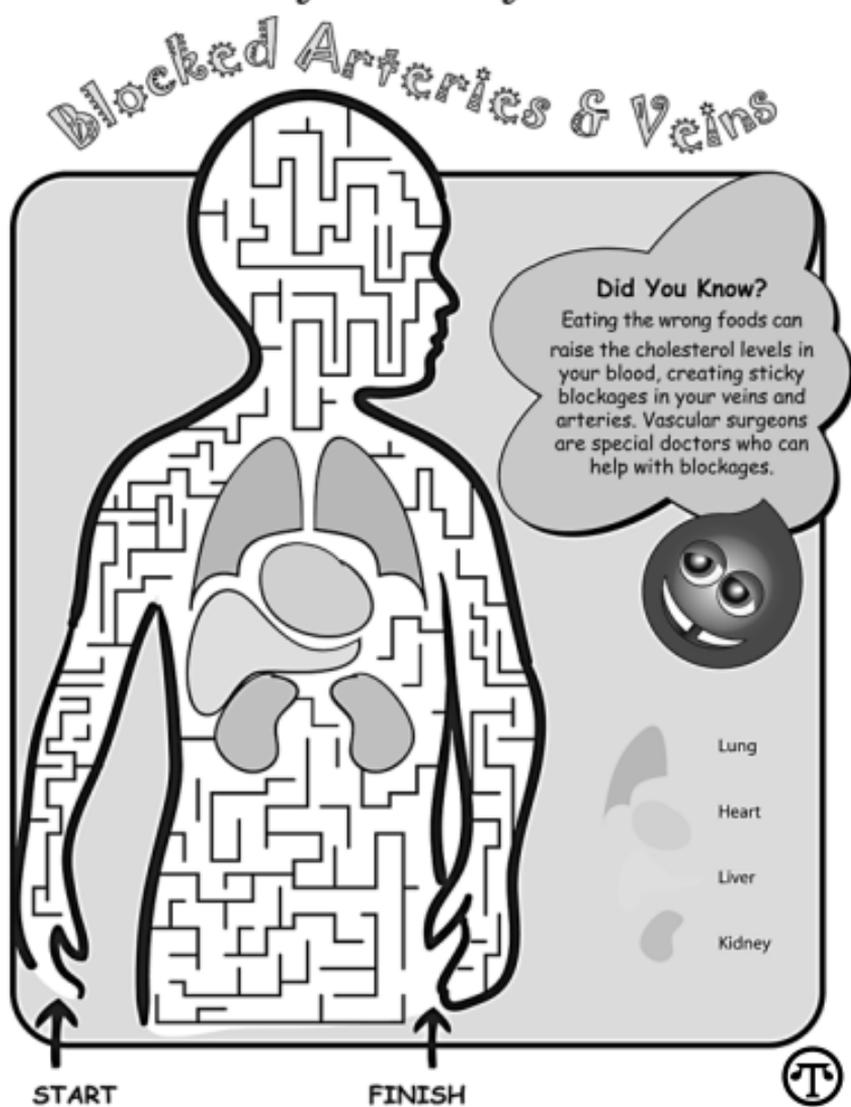


# Children's Health

## Vascular Health

(NAPSA)—A free online book can help children learn what it takes to live healthier lives.

The Vascular Health Activity Workbook for children, aged 5 to 12 years, is available on Vascular Web.org at [www.vascularweb.org/activitybook](http://www.vascularweb.org/activitybook). In the workbook, “blood buddies” teach children how the vascular system delivers oxygen and nutrients and why they need to eat well and be active to stay healthy.



**An online site teaches children how to maintain their vascular health.**

It stresses the importance of exercise, healthy eating and not smoking, through fun exercises and coloring pages.

Vascular surgeons want to help teachers and parents teach youngsters about the health risks of obesity and smoking. If children understand how their bodies work, they may be more likely to develop good lifestyle habits.

Adult vascular health complications include blocked carotid arteries that can cause paralyzing strokes, ruptured aortic aneurysms, and peripheral arterial disease.