

# Skating To Better Health

## with Peggy Fleming

### How To Raise Healthy Children

(NAPSA)—Raising healthy children involves active parenting, nutritious meals, regular exercise and proper medical care. Perhaps the best way to raise a healthy child is to be a healthy parent. As a positive role model, you teach your child the importance of health by example.

#### Encourage Kids to Stay Active

- Exercise helps prevent or delay the development of disease, builds healthy bones and controls weight.



Fleming

In order to stay healthy, the U.S. Department of Health recommends children stay physically active for one hour each day. Studies show, however, that only 36 percent of American adolescents meet this physical requirement.

- Studies also show that support from family tends to increase a child's physical activity.

- If a busy schedule leaves less time for structured exercise, incorporate physical activity into your child's daily routine.

- Limit sedentary activities to help keep kids on their feet and prevent inactive lifestyles.

#### Teach Your Children To Eat Right

- Studies show that children who share family meals are more likely to do well in school, less likely to smoke and tend to eat more fruits and vegetables.

- Children are also more likely to eat what they help prepare.

- Desserts, pizza and snacks constitute one-third of American children's diets. Encourage your kids to eat a variety of foods to ensure they consume the nutrients they need.

- Approximately 80 percent of American children do not eat the



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recommended five or more servings of fruit and vegetables per day. Aim for two cups of fruit and 2½ cups of vegetables per day. Try basing meals around vegetables, then serve fruit as dessert.

- Keep healthy snacks readily available in the kitchen and your car for on-the-go hunger. Pretzels and dried fruit are great choices.

#### Doctor Knows Best

- Regular visits give your child's doctor an opportunity to help prevent and detect disease. Vaccines and immunizations also protect your child's health.

- Inform your pediatrician of your child's family medical history, including diseases and conditions.

Forcing a healthy habit may only serve to discourage your child. Instead, take small steps toward change: Add a vegetable to dinner, sign your child up for a new sport.

To learn more, visit [www.healthsaver.com](http://www.healthsaver.com) or call (800) 7-HEALTH.

*As the 1968 Olympic figure skating champion, Peggy Fleming launched a career that has helped promote healthy living, breast cancer awareness and osteoporosis prevention.*