

# MAKING FAMILY LIFE MORE FUN

## New Web Site Delivers Healthy Serving Of Fun For Kids

(NAPSA)—“I’m bored! There’s nothing to do!”

If you have children, you’ve probably heard this lament at one time or another. Next time, point your kids to a unique Web site that serves up lots of fun for 9- to 12-year-olds while promoting a healthy lifestyle for the whole family.

### Rain or shine

Kidnetic.com keeps kids moving—whatever the weather.

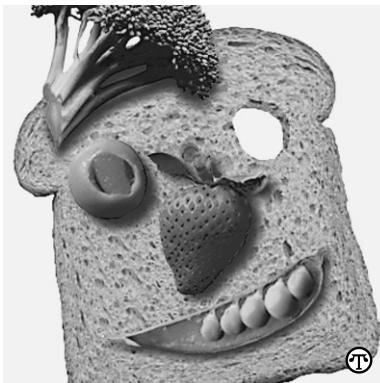
For example, Time Challenge inspires kids to beat the on-screen clock during an in-home scavenger hunt or fitness challenge. Betchacant “dares” kids to tackle simple activities such as “How many times can you jump rope in three minutes?” or “How far can you speed walk without stopping?” Via e-mail, kids can “dare” friends and family to try, too.

Wet Head Games are active games invented and submitted by kids for kids. Choices include Chinese Jump Rope, Crab Soccer, Air Kick, the Dance-Off Challenge and many more. There are games for one player and groups, indoors or outdoors.

Polls and quizzes let youngsters voice their opinions and test their knowledge about an array of topics covering food, fitness and family. At Shout Out, a moderated message board, they can share their thoughts with peers.

### Making healthy eating fun

What would get your kids into the kitchen to try their hand at cooking? How about packing a picnic that includes Devilish Eyeball Delicacies (deviled eggs) or Insect-



**Come rain or come shine, Kidnetic.com serves up a healthy dose of fun.**

Infested Logs (celery sticks stuffed with peanut butter and dried fruit)? These “Gross-Out Delights” are just a few of the kid-appealing dishes found in The Recipe Roundup section. Kids will find simple and healthy breakfast, lunch, dinner and snack recipes they can make on their own, as well as special “family friendly” recipes for you to whip up together.

InnerG is an animated “click and drag” body that teaches kids how eating well and being fit affect their health and energy levels. Kids complete InnerG’s framework by dragging missing body parts into the correct body area. When they make a match, InnerG displays quick tips for keeping that body part in good working order and suggests links to related recipes. Bright Papers are articles written in “kidspeak” that teach about the links between healthy habits and feeling good and offer up plenty of quick, sim-

ple and fun ideas for kids to try.

Need an icebreaker to broach a touchy topic with your kids? You’ll really connect through the site’s Kidnector virtual messaging service, where you can trade messages and start a dialogue on important issues such as health, well-being and your relationship.

### Trustworthy advice for parents

The Parents’ Place is a resource to help you promote a healthy lifestyle for the whole family. A special Bright Paper section for parents only and list of frequently asked questions provide guidance and tips about physical activity, healthy eating and self-esteem for kids. You also can Ask An Expert questions about these topics or share thoughts and experiences with other parents on the Discussion Board.

*Kidnetic.com was developed by the International Food Information Council Foundation in partnership with the American Academy of Family Physicians, the American College of Sports Medicine, the American Dietetic Association, the International Life Sciences Institute Center for Health Promotion, and the National Recreation and Park Association. All content is reviewed by these organizations, as well as a scientific advisory panel of experts in nutrition, physical activity, child psychology and public health. Kidnetic.com was funded by unrestricted grants to the IFIC Foundation from 13 food and beverage companies and organizations. Kidnetic.com is non-commercial and carries no advertising.*