

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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182 WORDS, 60 SECONDS

## CHILDREN'S HEALTH

CHILDHOOD OBESITY TOPS THE CHARTS AS ONE OF THE PRIMARY HEALTH CONCERNS FOR PARENTS. AFTER ALL, ONE IN FIVE AMERICAN KIDS AND TEENS IS OVERWEIGHT OR OBESE AND, AS A RESULT, ARE AT RISK FOR SERIOUS HEALTH ISSUES. FORTUNATELY, FAMILIES CAN INCORPORATE FUN PHYSICAL ACTIVITY INTO THEIR DAILY ROUTINES, SAYS DOCTOR SHELLEY ARMSTRONG, A FACULTY MEMBER IN THE SCHOOL OF HEALTH SCIENCES AT WALDEN UNIVERSITY. SHE SUGGESTS PARENTS SET UP FAMILY BIKE RIDES OR PICKUP BASKETBALL IN THE DRIVEWAY, TRY A FAMILY GAME OF TAG OR TOUCH FOOTBALL, AND SCHEDULE REGULAR AFTER-DINNER WALKS. RUNNING, SHE ADDS, IS A WAY TO EASILY AND INEXPENSIVELY INCORPORATE EXERCISE INTO YOUR FAMILY'S LIFE. DOCTOR ARMSTRONG ALSO RECOMMENDS SETTING EXERCISE GOALS THAT FOLLOW THE SMART METHOD: SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, AND TIME-ORIENTED. FOR EXAMPLE, SET A GOAL THAT BY THE END OF THREE MONTHS YOUR FAMILY WILL WORK UP TO WALKING BRISKLY FOR A HALF AN HOUR AFTER DINNER THREE NIGHTS A WEEK. FOR MORE IDEAS ON BUILDING FUN PHYSICAL ACTIVITIES INTO YOUR FAMILY'S ROUTINES, VISIT [WALDEN-U--DOT--E-D-U--SLASH--GET-HEALTHY](http://WALDEN-EDU-SLASH-GET-HEALTHY).