

Get Your Kids Moving!

More children and teens are overweight or obese now than ever before. Regular exercise can help prevent serious health problems, such as diabetes, asthma and heart diseases, associated with obesity and being overweight.

Why is exercise important for your child?

Regular exercise helps burn calories instead of storing them, keeps blood sugar levels more balanced, lowers blood pressure and cholesterol levels, strengthens the bones, improves sleep patterns AND boosts mental energy.

How do you keep your child active?

Be a good role model! When your children see you moving about and participating in fun, physical activities, they will surely join you.

Encourage, but don't pressurize your child to get involved in group activities. Some children enjoy the social aspects of being on a team, while other children may feel shy or embarrassed in a team environment and prefer other types of group activities such as playing jump rope, tag, or hide and seek. Activities that can be done alone may appeal to other children. Examples of these include riding a bike and swimming with the family.

Tip:

Limit Screen Time

- On average, worldwide, 8-18 year olds spend 4 hours watching TV, videos, DVDs and prerecorded shows; more than 1 hour on the computer; and almost 1 hour playing video games.
- 2 out of every 3 kids have a TV in their bedrooms.
- Kids who have TVs in their bedrooms spend almost 1 ½ hours or more a day watching TV than kids who don't have a TV in their bedrooms.

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Did you know? Pakistan is ranked number 7 on the list of countries with the most cases of Diabetes, according to the World Health Organization. In Pakistan, 6.9 million people are affected by diabetes with the International Diabetes Federation estimating that this number will grow to 11.5 million by 2025 unless measures are taken to control the disease. Diabetes is also one of the most common chronic diseases affecting children with about 200 children world-wide develop Type 1 Diabetes every day.

- Fatima Khan (Route2Health Newswire)