



Getting Your Kids Active: How to Have Active, Healthy Kids

Claire Gillman

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The sedentary lifestyle and junk food diet of today's children are putting boys and girls as young as eight at serious risk from heart disease and obesity-related illnesses. Most people know the benefits of keeping fit, but time-strapped, modern families often find it difficult to fit exercise into their day to day lives. Getting Your Kids Active is packed with sensible, practical advice and suggestions to help ensure a fitter and healthier future for your children. Getting the whole family involved is the best way to get your child active - researchers now know that children who see their parents, particularly their mum, doing exercise tend to be among the most active themselves. Parents don't have to indulge in strenuous exercise but getting out there and doing something, preferably with the kids, sets an example that children can adopt and carry into adulthood. This books shows you how to do it!

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