

A HEALTHY CHILD IS A HAPPY CHILD

Why it is so important for children of all ages to stay healthy. Thanks to the fast food soda pop diet and attraction to television and computers. Childhood obesity has reached epidemic proportions. Overweight children have become targets for other children. Which can leave emotional scars. But this is not our immediate concern to their physical well-being.

Children who are overweight are less active and have a very high risk of having high blood pressure, high cholesterol and are at a higher risk for heart disease. By choosing to be active and eating healthy you can reduce or even maybe eliminate these risk.

Excessive weight has shown to exacerbate asthma and cause joint problems, fractures and displacements. All of these can be preventable by your child eating a healthy diet and having daily physical exercise. This will boost their metabolism and help burn fat and increase their energy level all while boosting their self-esteem. Making their daily activities more manageable and fun. You will find your child sleeping better and waking up feeling more energized.

By making exercise fun for your child they will have a more willingness to participate in such daily activities. We have a variety of planned fun activities for your child that will increase their endurance, agility, weight loss and balance. Giving them a sense of good health and well-being for the future.

The whole family can benefit from this by doing it together. We all could eat a little healthier and exercise a little more often. So lets turn of the tv and the computer and lets get moving. Helping each other be happy and healthy.

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