

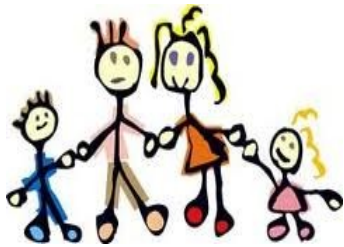
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FANTASTIC FAMILY FITNESS FUN

HEALTHY ACTIVITIES TO ENJOY AS A FAMILY

Sharing activities can boost your spirits, improve your connection as a family, and reduce stress. It's important for your health and the health and well-being of your family to make family fitness a priority. Here are a few suggestions on how to work physical activity into your busy life-style AND have some family fun.

STEP IT UP

Walking is a great way to quickly get some needed exercise. Just put on your walking shoes and go. Even a 15 minute walk together in the evening or Saturday afternoon can help you feel more fit. Enjoy a nature walk and try to identify birds, trees, and plants. Count the number of houses or cars parked in your neighborhood as you stroll with your family. Walk to the grocery store or post office together as a family. Get pedometers for all family members and see who can walk the most steps each day with a goal of 10,000 steps for each person per day.

TV AS EXERCISE??

Television has become a fixture in our homes. Be selective about what shows you watch. Take a walk between programs. See who can do the most crunches, jumping jacks, or push-ups during commercials.

KEYS TO KID FITNESS

Help your kids find activities that are appropriate for their ages. Find something they like and will stick with OR change activities. Not all kids are suited for traditional team sports. Other ideas could be swimming, dance classes, cycling, skateboarding, running, Ultimate Frisbee or golf, just to name a few. Establish a regular exercise schedule for your child. Incorporate activity into your daily routine, like taking the stairs instead of the elevator or parking farther away from the store. Embrace a healthy life-style yourself, so YOU will be a good role model for your kids. Keep it FUN - so YOU and your kids will keep coming back for more!

HOW MUCH IS ENOUGH?

The percent of overweight children has doubled during the past 30 years. It's not surprising, since computers and television have everyone just sitting around.

According to the US Department of Health and Human Services (HHS), ALL kids 2 and over should get 60 minutes of moderate to vigorous exercise on MOST days. Try breaking physical activity into 15 minute sessions.

CHIROPRACTIC AND KIDS

Regular exercise, a healthy diet, and regular chiropractic care can keep your kids in top notch shape. Doctors of chiropractic are licensed and extensively trained to diagnose and treat people of ALL ages. They use special, safe and gentle techniques to treat children. Talk with your doctor of chiropractic about the proper frequency of treatment for your child.

WHAT DO YOU HAVE TO LOSE??

This year alone, more than 1,000 people will die, every day, due to complications caused by being overweight and out of shape. Losing weight is not about finding a quick fix - it's about choosing a healthier lifestyle. Losing just 10 pounds will significantly decrease your risk for heart attack, high blood pressure, and diabetes.

Ever consider diet vs. drugs... oatmeal vs. obesity... peas vs. pills? Consider enrolling in the next *Just 10 "Waist" Management* clinic. Learn why conventional diets don't work and what you can do to melt your muffin top and get off the diet roller coaster - with no scales and without starving yourself. *Just 10* participants receive support and tools to beat the sugar blues and start to feel better on the inside and look better on the outside.

This 2-month group coaching program is limited to 6 participants. There will be four 90-minute group sessions on Wednesday evenings from 7pm to 8:30pm on May 18, June 1, June 15, and June 29. Enrollment fee is \$197 per person. Married couples qualify for a reduced rate of \$357.

Lynnette Feusner, founder and director of mountainwesthealthandhope.com, runs the clinics. She is a certified health coach specializing in weight loss, helping men and women who are feeling spent get past the junk to feel better - with less stress, more energy, and "waist" management. What makes her unique is that not only does she support her clients with their food choices, what they are eating, but also with their lifestyle choices or what is eating them!

Contact Lynnette at **635-8626** or email Lynnette@havehealth-havehope.com for registration details. **Early-bird special:** enroll before May 10 and receive either a complimentary 30-minute chair massage or foot reflexology treatment.