

By Jamie Mainvielle



Increase Physical Activity to Fight Childhood Obesity

It is no surprise to the general public that childhood obesity is an epidemic in our nation. Some 17 percent of U.S. youngsters already are obese, and millions more are overweight. Obese adults are at heightened risk of developing diabetes, high blood pressure, heart disease and other disorders.

Nancy Chockley, president of the National Institute for Health Care Management Foundation, says that recent research supports the fact that parents need to shoulder more of the responsibility for keeping their children in shape. Chockley adds that parents need to make more time for regular bike rides, walks, hikes or other types of exercise to help their children develop healthy lifestyles. Further, it stands to reason that kids who are physically fit early in life perform better in school, and youngsters who develop motor skills in a nurturing environment have more confidence.



Toward that end, an increasing number of parents across the country are enrolling their children in extracurricular programs where physical activity is taught in a non-competitive, fun environment. Programs, such as developmental gymnastics, dance and sports skills tailored to specific age groups from infancy to the pre-teen years, provide children with the opportunity to experience a great "workout" while having a good time. They are learning from a very young age that getting active is not only good for you, but a ton of fun! **HB**

Jamie Mainvielle and her mother, Joyce Freeman, co-own *The Little Gym of Huntington Beach*. Located at 15891 Goldenwest Street, *The Little Gym* is open to infants as young as four months old and preteens as old as 12 years. There are different activities for children of different ages, but at the core of the gym is a proven developmental gymnastics program. They can be reached at (714) 373-0700 or visit www.TheLittleGym.com.



Proudly Serving Huntington Beach
24 Years Experience

**Specializing in
Remodel
Design
New Homes**
Scott Andersen



**CALL FOR A
COMPLIMENTARY
CONSULTATION**

800-887-1100

www.andersenbuilds.com

Lic# 460494