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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Get Your Kids Moving

By Laura S. Garrett, RD, LD

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Are your children active? Inactivity among children is becoming an epidemic. Motivating your children to be active not only improves their health now, but it will also benefit them later in life.

Here are some facts:

* Lack of exercise is a major reason for the growing rate of obesity among children. Rather than letting your child watch TV all day, encourage him to spend time each day in play that requires him to be physically active.

* Exercise can strengthen children's bones, something they will benefit from as adults. Children who participate in weight-bearing impact sports such as running, gymnastics, tumbling, and dance have higher bone density than children whose major activity is a non-weight-bearing exercise such as swimming.

* Active children may increase their chance of becoming healthy adults. Children who enjoy being active are more likely to develop the lifelong, healthy habit of being physically active. Physical activity decreases the risk of obesity, cancer, diabetes, high blood pressure, stroke, and heart disease later in life. Simply put, people who are active on a regular basis tend to live longer than inactive individuals.

If you think getting your child to be more active is impossible, you just need to think "fun". Encourage your child to ride a bike, swim, or play ball with friends. Get your child involved in school organized sports and physical education classes. Most importantly, become a role model. If your child sees you laying around or always sitting in front of the television or computer, it will be hard for him to know any better. Get the whole family involved in games, bicycling, or other active play. If you get involved, your child will, too.

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Moving Company Guide

By Briana Liebmann

Your decision in finding the right moving company should be made at least 4–8 weeks in advance. This will leave you plenty of time to book the moving company and prepare for any unexpected obstacles which might arise. In general, moving companies are usually more busy at the end of the month, as well as Fridays and weekends. As a result, they may charge extra for these days. When you know which company you will be moving with, call and ask them when their less busy days are. The more flexible you are, the less the cost will be. Also, let the movers know what you are expecting and ask plenty of questions. To help you, here are some thoughts you might want to keep in mind before contacting a moving company in order to get the best and most accurate quotes: * What are your preferred moving days? * How far is the move? * Is it local, long–distance, or international? * How much assistance will you need with packing? * Will the moving company be expected to pack everything or will that be left up to you? * Let the Moving company know if they are moving fragile or valuable items. * How much stuff does the moving company have to transport? * How much insurance will be needed? A good way to find the best moving company is by word–of–mouth and recommendation from others. Also, many reputable companies are available online. All of their information is available on their website. Remember, don't be afraid to ask if you have questions. With this advice, your move should be enjoyable and much less stressful.

Briana is an original content writer for <http://www.youseekit.com> which features original articles on a variety of topics.



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