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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!**

**Help! My Kids are Overweight!**

**By Diana Keuilian**

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Identify the Problem and Find a Solution to your Child's Weight Gain.

If you have recently found yourself fretting over your child's waistline, you are not alone. The youth of today are fatter than ever before, and parents are starting to panic. Why are our kids so big, and what should we do about it?

Childhood obesity has been described as an epidemic. It puts our children's health at risk, making them more susceptible to problems involving their cardiovascular systems, endocrine systems, and even their mental health. Type 2 diabetes mellitus, depression, and low self-esteem are just the tip of the iceberg when it comes to the problems looming over the heads of our overweight children.

It is ironic that both the problem and the solution to this heavy problem boil down to one simple equation. Energy In vs. Energy Out. When more energy is consumed than is utilized, the result is fat storage. In short, our kids eat too much and do too little.

**Energy In**

**The Problem:** Parents today are busier than ever before, navigating through hectic schedules with convenient fast food restaurants lurking on every corner. Our kids are eating more fried, processed, and sugary foods than we did as children due mainly to the convenience factor. These foods are laden with excessive calories that result in weight gain.

**The Solution:** Take time to evaluate your children's diet. Do they eat three balanced meals a day? Do they eat at least 5 servings of fruits and vegetables a day? Are they limited in their servings of fried, processed, and sugary foods? Avoid buying sugar-filled snacks while grocery shopping, fill your cart with fresh, healthy snacks instead. Make time to plan family meals so that you don't find yourself in another drive thru.

**Energy Out**

## Help! My Kids are Overweight!

**The Problem:** Computers, video games, and satellite T.V. are our children's latest and greatest toys. Who has time to play outside when you are about to beat the hardest level, or your favorite show is about to start? Our kids participate in less physical activity and are more sedentary than any generation before.

**The Solution:** Limit the time your children spend on sedentary activities, such as T.V and video games. Sign your kids up on a local sports team so that they can run and be active with other kids. Take the whole family to the park on a weekend instead of gathering in front of the T.V.

As a parent, it is your unique responsibility to teach your children the healthy habits that lead to good health. Children who are obese have a greater chance of remaining obese into adulthood, thus greatly

increasing the likelihood of serious health problems. Talk to your children about their eating habits, and activity levels, informing them of good choices versus bad choices. Make it a family effort to start eating healthier and increase physical activities, and you will be pleasantly surprised with the results!

Diana Keuilian, author, ACE certified Personal Trainer, and co-founder of HitechPersonalFitness.com offers online personal training and nutrition programs that fit your budget and schedule. Whether your goal is to lose weight, firm and tone, or to build muscle, HitechPersonalFitness.com will build a custom designed program just for you. Visit: <http://www.hitechpersonalfitness.com/> and begin meeting your fitness goals today!

### **Obese Mothers make Obese kids!**

#### **By Jasdeep**

A study published in American Journal of Clinical Nutrition claims that the doctors start giving attention to the children of overweight parents very early— by the age of 4 at the latest. "We found dramatic increase in body fat between ages three and six", said Dr Robert Berkowitz, who led the study. He was also quoted saying " We should be doing prevention and treatment programs at a much earlier age. Everyone knows how difficult it is to take weight off once you are overweight." As per the US researchers, children of overweight mothers are 15 times more likely to be obese by the age of 6 than the children of lean mothers.

His team is now working on the eating and exercise habits of the families they studied but said genes undoubtedly play an important role as per other studies which can't be ignored and the biggest evidence is the dramatic spike in weight between ages 3 and 6." this suggests that some genes controlling body weight may become active during this period", added Berkowitz. According to his study, one-third of the children of over-weight women gained weight quickly after turning 3. Of the 37 children of healthy weight women, only one became overweight. Now, all those overweight women, you have one great reason to lose weight and be healthy!

Berkowitz said certain children must carry a combination of genes that make them much more vulnerable to what he calls the 'toxic' western environment, where it is difficult to exercise and food

## Help! My Kids are Overweight!

abounds. He doesn't blame diet to be the only factor for obesity. "It doesn't appear to be the factor entirely because we know there are plenty of lean people who eat hamburgers.", he said. " The lean group stays lean but this high risk group really takes off."

Results and studies at US Centre for Disease Control and Prevention says 15% of U.S. children are overweight and more than 60% of adults are overweight or obese. Now that's a tummy full statistics for you! Reuters

Know more about childhood obesity and learn smart eating at

Jasdeep : for

your complete and most comprehensive family guide on

Health.

Also get free tips and tricks on weight loss and a chance to go through other informative articles targetting various health issues at

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