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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!**

**Helping Your Child Be Healthy and Fit**

**By Hannah Pendergraph**

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Helping Your Child Be Healthy and Fit  
For The Coming School Year....

Shools In Session:

Long-term good health is less an accident than the result of good habits and wise choices. To enjoy good health now and in the future, youngsters must learn how to eat, exercise, sleep, control stress, and be responsible for personal cleanliness and reducing the risk of disease. In addition, they need to be aware of what to do in an emergency and when to say "no".

Habits that include eating nutritious foods and understanding the relationship between physical and emotional health will help your child grow up healthy. Your child's ability to learn and the chances for a longer and more productive life can be greatly improved by developing and following good health practices.

First of All, Your Child Is Special

The mental and emotional health of your child is just as important as physical health. From the earliest moment, a child needs to feel that he or she is special and cared about by family members and friends.

A child who enjoys good mental and emotional health is able to approach new situations with confidence. When children are comfortable with themselves, they can express their emotions in a positive way.

## Helping Your Child Be Healthy and Fit

As children learn to value themselves and develop confidence in their ability to make responsible decisions, they are building a sense of self-worth or self-esteem.

Parents and teachers share the responsibility for helping children build self-confidence. A child who is confident is more successful in everyday interactions with peers and adults.

Confidence in one's ability to learn new and difficult skills can affect future achievement, as well. Developing a trusting relationship with your child, establishing open communication, and recognizing personal achievements are all important. When children know they can do something well, it makes them feel special.

### Get Ready, Get Set, Grow Up Healthy

From the time your child is born, there are ways in which you can help your child learn how to grow up healthy. Good nutrition does not mean that your children cannot eat their favorite foods or that they must eat foods they do not like.

Good nutrition means variety and moderation in a person's diet. Choosing what foods to eat is important in pursuing a healthy life. Your children may choose to eat certain foods because they taste good or because they are available. Make nutritious foods available and monitor the "sometimes" foods—sugary snacks and fatty desserts.

Good health is a blend of physical and emotional well-being. Exercises are basic elements of physical fitness that should be part of play.

Aerobic exercises, such as jogging or jumping, that increase the heartbeat, strengthen the heart and muscles, improve endurance, condition the total body, and help prevent disease. Anaerobic, slow, stretching exercises improve flexibility and muscular fitness. Both types of exercise are important and fun.

We all face stressful situations. With family members, with teachers, with friends, and with strangers problems can arise that make your child feel anxious, nervous, confused, or frightened.

Too much stress or the wrong kind of stress can make it difficult for children to learn. Helping your child learn appropriate and healthy ways of handling stress, through exercise, proper sleep, discussing problems with an adult, or breaking down jobs into manageable parts.

Physical fitness is a vital part of being healthy. For children, being and staying physically fit can happen with activities they refer to PLAY! Play that makes them breathe deeply is aerobic exercise.

Aerobic activities such as bicycling, jumping rope, roller skating, running, dancing, and swimming can be beneficial if they are done for 12 to 15 minutes without stopping.

## Helping Your Child Be Healthy and Fit

The young child develops an active lifestyle as he or she begins to creep, crawl, and then walk. Young children learn how to move in their environment by playing alone in their own personal space.

As children grow, they hop, march, run, roll, toss, bounce, and kick. Their bodies are changing in terms of height and weight, and they are beginning to form a self-concept through comparison with others as they move.

School Is Back In Session: Help Your Little Ones Adjust To The Change Mentally and Physically.

Hannah Of Edwards Marketing

<http://rafficoach.biz>

Robin Edwards CEO of trafficcoach, Wazoo Maddness, The Marketing Report, The "Ebay Breakthrough and The Naked Truth about Internet Marketing. Now With his his visions on Public Domain Riches.

Hannah and Robin Edwards Of Edwards Marketing has both revitalized the company with new productions, and renewed their reputation as one of the world's great Marketing treasures

### **Child Nutrition: Help Your Child Be Healthy**

**By Carrie Myers**

The food your child eats is important not only now but also for the rest of his or her life. A small child is going to need various types of foods for energy to play, grow, and to build a healthy body. Muscles and bones are forming over the first fifteen years of life, and when eating the right types of foods and including smart nutrition your child is more likely to avoid sickness and to ward off some types of disease. Your child's nutrition Your child's nutrition is going to start with you. You child is going to see what foods you eat, and when you are more likely to eat them, and your child is going to build their own habits from those habits he or she sees you following. If you eat breakfast on the go, all the time, your child will feel this is normal and ok, but you should be sitting down to a breakfast every morning for good nutrition basics. Even if you are eating a bowl of cereal or you are enjoying a glass of juice, taking five minutes will encourage better eating habits. Nutrition for your child's health Healthy beginnings start with fruits, vegetables and good portions of meats. The food pyramid is going to be important in the early stages of life so that your child will learn to eat many types of foods, and not only the foods they like the taste and looks of. Giving your child many options in life will help them pick foods that are better for them in the long run. Healthy children are not going to eat burgers and fries for every meal, but they will have a well-rounded life with nutrition builders such as fruits, vegetables, meat, and variations of these builders. Teaching good habits for your child's nutrition awareness will start with reading labels. Learn about what preservatives and additives are in some of the foods you are eating, and then talk about these with your child as they grow. Include foods that are all natural, or that contain very little preservatives for a solid start in their understanding of nutrition.

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