

## **‘NUTRITIONAL TIPS’**

### **FAMILY WORK OUTS**

When you head out for your workout, do your kids join in or do they sit around watching you? You may set a good example, but do you demand that they follow? Do you have the courage or the conviction? If you know it is right, why might you fail to exercise good leadership? Parenting is a key social responsibility? How are your grades? Passing or failing?

Turn off the TV! Remove the candy and burgeoning fat food supply from the home. Provide healthy meals. Set exercise regimens and lead them! Remove the overly abundant amount of epidemic mediocrity we suffer from in this great nation today! The youth is looking like the **‘Pilsbury Dough Children’**! Is that what we want? Infant and adolescent diabetes is growing like a bad over watered weed! Take action Mom & Dad! Perhaps we all need to get up off our fat butts and get moving every day? Take the kids along for the walks and runs and bike rides and hikes! You do regularly right?

Inactivity is increasing among children. This increase is leading to an increased body weight and poor life-long habits. Getting kids active can help increase their bone density, decrease their risk for certain diseases, and develop family fun-time habits.

Get kids involved by finding activities the whole family can do--walk, bike, roller-blade, swim, play tennis or golf, or any other physical activity. If kids have been very sedentary, start slowly with ten minute exercise periods a couple of times a week and increase from there.

In addition to working out as a family, share healthful eating habits with your kids. Healthful eating starts with the [Food Guide Pyramid](#)--so check it out together.

**“Welcome Aboard!”  
“Enjoy The Ride!”**

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