



It's How You Eat and Move Your Feet

Get fit by using this equipment for thirty minutes three times a week! Lose 2 dress sizes in fourteen days by taking this pill only once a day! It sounds so easy, but what happens when these special products or equipment don't work? Or, when some of these products actually harm you instead of helping you. Well, through my research and personal knowledge, I have learned that the natural way is the best way to get fit and healthy. The natural way includes plenty of physical activity and lots of good nutrition.

Physical activity is one fun way to get fit. It doesn't matter if it's a full workout or a fun dance move, just GET MOVING! Dancing, stretching, and yoga are all good, simple exercises that will help get you moving. All you need is about 30-60 minutes of physical activity a day to get in shape. Exercise is also helpful in maintain a healthy body weight. Make it a group thing and exercise with other people. Play hide and seek or tag with your family. Go on a nature walk with your friends instead of going to the movies or watching a video. There are so many different activities to choose from!

Now let's talk about my favorite subject, food, Yummy! Good nutrition is the other piece to the fitness puzzle. Most, if not all, children love snack food. But instead of the traditional candy bar or chips, try something new. Fruits are a perfect snack. There is so much you can do with fruits and there are so many different ones to choose from. Did you know there are over 7,500 different types of apples. WOW, that could make a lot of fun snacks! Don't forget the vegetables, they to can be a great fun snack. For example, ants on a log is simply celery topped with peanut butter and raisins.

It seems that more and more people are joining in the lifestyle fitness challenge. Even the first lady, Michelle Obama, recognizes the health problem and has started a movement of her own, entitled "Lets Move". Mrs. Obama feels very strongly about the health of all of the children in our country. She states, "In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids think about food, nutrition and physical activity."

If you continue to exercise and eat right, something wonderful will happen. You will notice that you are more alert, you have more energy, and you feel less stressed. You will probably even sleep better at night. A good night's sleep makes a good morning and a good day. Just 30 to 60 minutes of physical activity a day and eating sensibility can and will change your whole life. Remember, IT'S HOW YOU EAT AND MOVE YOUR FEET. If the First Lady cares about your health, shouldn't you care?