

In conjunction with the Kohl's Cares for Kids® Safe & Healthy Families Campaign

A monthly positive parenting column from the experts at Marquette General's Women's & Children's Center and the Children's Health Education Center of Wisconsin. Made possible by Kohl's Department Stores.

Kohl's Healthy Kids: HEALTHY HEARTS



Cardiovascular diseases continue to be among the leading killers of adults in the United States. With the number of adults and children who are obese reaching epidemic proportions, the incidence of heart disease is expected to increase in the coming years with negative effects of the disease appearing earlier in life.

Physical inactivity is a major cause of heart problems; more television, fewer outdoor activities, more computer and video games, all contribute to

this lack of activity. Habits are formed early in life, including healthy diet and exercise choices. What we teach our children today about healthy eating and regular exercise has been shown to affect the choices they make as adults. These lessons set our children on a path that is healthy—or not so healthy. Here are some basics to keep in mind when building a healthy lifestyle with your family.

For kids:

- Increase physical activity while making it fun. The more fun kids have, the more likely they will continue on their own. Create lifelong exercise habits.
- Try to have healthy snack choices after school. Exchange chips for grapes, candy bars for carrot sticks. Making these fun is another good idea. Use celery sticks, peanut butter and raisins to create "ants on a log."
- Make sure your child sees a doctor each year. Not only can you make sure your child is healthy, you'll contribute to a documented health history.

For adults:

- Visit your doctor annually to evaluate key risk factors like blood pressure and cholesterol. If you are overweight, work with your doctor to take charge of the problem.
- If you smoke, quit. Not only is quitting good for you, but you can eliminate some of the second-hand smoke others are exposed to.
- Add at least 15 minutes of exercise to each day. Whatever you do, don't forget to get the kids involved.
- Keep track of your successes. By noting what you do each day and the goals you attain, you can see results over time.



Upcoming Parenting Education Events

Infant/Toddler Play Groups • U.P. Children's Museum
Tuesdays beginning Sept. 11 • 6:00 - 7:00pm

Wednesdays beginning Sept. 12 • 9:30 - 10:30am

10 Steps to Parenting • Wednesday, Oct. 17

Parenting Awareness Month Kickoff • Wednesday, Oct. 17

To register for classes call (906)225-3081

KOHL'S

expect great things

When visiting your local Kohl's store, look for Kohl's Cares for Kids® merchandise. One hundred percent of the net profit from the sale of these items benefit health and educational opportunities for children.

Kohl's Kids Who Care®

Visit www.kohls.com to find out how you can nominate a young volunteer for a scholarship.

www.mgh.org

**WOMEN'S &
CHILDREN'S CENTER**
MARQUETTE GENERAL

For more information on upcoming Parenting Education Events, call Marquette General's Women's & Children's Center • 906-225-3081.

These important child safety tips are made possible by the Women's & Children's Center at Marquette General Hospital and by the Kohl's Cares for Kids® Safe & Healthy Families Campaign.