

## **Prevention is still the best medicine**

**And they're off! The first Mining Journal Fit Families have taken the plunge.**

What does it take for a family with 2 working parents and 2 school-aged children to become leaner and healthier? We'll find out when our two fabulous families from Marquette County spend the next 6 months committed to reaching that goal.

Our "Fit Families" are interested in preventing health problems related to lifestyle, and for good reason. The statistics are unnerving: the number of children who have become overweight in the last 30 years has doubled. Parents in the age range of 40-59 are experiencing the highest obesity rate ever compared with other age groups in the U.S.

Why are families having such a tough time staying healthy? Look at the facts:

- Most family meals eaten at home must be prepared in less than one-half hour.
- One out of every 3 meals are now eaten away from the home.
- Away-from-home foods deliver more calories in fat and saturated fat and are lower in fiber and calcium than home-cooked foods.
- Service jobs (desk jobs) have replaced most active occupations.
- Less than 6% of children in the U.S. now walk to school.

Good health is a matter of lifestyle. Follow our Mining Journal Fit Families for the 6 months and try the activities with your own family. Getting fit can be fun!