



## Healthy Hints for Parents - Part 8

### The Secret!

### To giving our kids the best chance in life!

#### To all School Health Coordinators & Parents

This is part 8 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ [www.kidzbodz.com.au](http://www.kidzbodz.com.au)

Our booking package is now available. Please call 1300 731149 if you would like a copy. We have a variety of packages available to suit all budgets.

My 5 year old daughter said the other day. I'm, bored! These days it is a feared phrase for most parents who will immediately feel guilty and set up an activity, rush out and hire a movie or organize a friend to come and play.

This parental guilt has created the new phenomenon amongst parents of involving their children in dozens of adult-supervised, extra curricular activities per week many working extra hours in order to send them to the best schools & to fund these activities for fear of them not reaching their maximum potential.

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There is however a secret to allowing our children to reach their true potential. Offering the best educational and sporting opportunities is simply not enough! It is what we allow them to put into their bodies that is the true secret to our children reaching their full potential.

With both parents working and a full agenda of extra curricular activities parents today have no time to create home cooked meals filled with fresh ingredients and the grab for sugar filled highly processed convenient foods on the run has directly contributed to our worldwide obesity problem with one in 5 Australian children now obese or overweight. It is predicted that this will result in our children being first generation who will not live as long as their parents! So try the secret and your kids really will have the best chance in life!

The secret to healthy, happy kids:

- Rule 1: Let kids be bored by limiting organized activities and turning off the TV and they will learn to use their imaginations to create & get physically active on their own
- Rule 2: Use the extra time to create healthy home cooked meals
- Rule 3: Throw out the junk food and stock your cupboards with basic healthy foods fruit, vegetables, whole grain breads and cereals, milk, cheese, yogurts, lean meats & of course offer lots of water.

Jackie De Koning  
Founder Kidz Bodz & Mother to 10

Don't forget to get your booking request in by Sept 30<sup>th</sup>

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