

# A Kid's Guide to Health

Story:  
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When it comes to health and fitness, kids really get it. They know simple rules are best, and having fun is a basic ingredient of feeling good. Kids also tell it like it is, without embellishments or excuses. That's why *InSide Cox* asked their advice on how to lead a healthy, balanced life. Here's what they told us:

## ***"Don't eat too many cheeseburgers."*** Emma, 11

There are probably too many family cookouts in your future to say no forever to a juicy burger hot off the grill. In fact, many diet experts urge people to eat what they love. The trick is moderation. Typically, the first few bites taste the best, and kids know this. Watch how they eat half a sandwich and then run off and play.

## ***"Sometimes I just lick the cheese off the macaroni."*** Ti'Anna, 4

Who says you have to eat everything on your plate? Save your appetite for the dishes and flavors you really enjoy and leave the rest. If you're at a restaurant, consider taking some home for later — entrees are typically big enough for two meals. Have half your meal boxed up when it gets to the table to avoid eating just because it's there.

## ***"Do flips on the swing set."*** Tristan, 5

Not really. But do get frequent exercise and make sure it's something you like so you'll keep doing it. There is an enjoyable activity for just about everybody: hiking, biking, swimming. Taking the dog for a walk counts. So does gardening.

## ***"Brush my teeth so they don't fall out."*** Aden, 3

Like brushing your teeth, the little things you do every day add up to overall well-being—or lack of it. When small acts are repeated often enough to become healthy habits, the effect can be truly life-enhancing. Try walking instead of driving, fruit instead of chips, seven hours of sleep instead of six.

## ***"Air makes you feel good."*** Bennett, 6

From car to office to home, it's easy to go for days without spending more than a few minutes outside. Look at kids; they love to go outdoors. Being out in the fresh air and sunshine is both relaxing and invigorating. If you've forgotten how to stop and smell the roses, take a kid with you. He or she will show you how it's done. ●



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