

## Strategies to get kids to exercise

Exercise is an important component of a healthy lifestyle. That's not just true for adults, but for children and teenagers as well.

Parents concerned about their kids living sedentary lives may have more to worry about than they know. According to a 2017 study published in the journal Preventive Medicine that analyzed data from the National Health and Nutrition Examination survey from 2003-2004 and 2005-2006, 19-year-olds spent as much time being inactive and sedentary as 60-year-olds.

Getting kids to be more active may be especially difficult for today's parents, who must contend with the internet,

social media, tablets, smartphones, and other distractions as they try to encourage their kids to unplug and spend more time being physically active. But parents can try various strategies to get kids off the couch and exercising.

- Set a positive example. Kids, especially young children, often try to emulate their parents. Parents can capitalize on kids' desire to be like mom and dad by exercising in front of their children. Young children may not be ready to lift weights or run on the treadmill, but parents can embrace kid-friendly exercises, such as walking and cycling. Invite kids along for daily bike rides or go for family walks around the neighborhood

after dinner.

- Park the car. Kids don't need to know they're exercising in order to be more physically active. In lieu of driving to the bank or pharmacy, parents can leave the car at home and ride their bikes alongside their children when running errands. If possible, parents can walk youngsters to and from school rather than driving them.

- Choose friend-friendly activities. Adults employ the buddy system as a means to motivate themselves to keep exercising, and that same principle can apply to children, who might be more excited about physical activity if their friends are joining them. Team sports provide chances to exercise with friends, as do organi-

zations like the Boy Scouts of America and the Girl Scouts of America. But even inviting a child's friend along on a family hike or bike ride may make such activities more fun for kids.

- Give gifts that encourage physical activity. Kids might want the latest device or video game for their birthdays, but parents also can give gifts that encourage youngsters to be physically active. Bicycles, rollerblades, ice skates, and sports equipment are just a handful of potential gifts that may compel kids to exercise more.

Childhood obesity is a significant problem, with the 2015-2016 NHANES reporting that 20.6 percent of youths



Exercising alongside their children is an effective way for parents to get their kids to be more physically active.

between the ages of 12 and 19 were obese. Getting kids off the couch and exercising more often can

help reduce those figures and ensure healthier futures for kids of all ages.

# Business Spotlight

**"HERE'S MY CARD!"**  
THIS COULD BE YOUR CARD

EDWARD J. SMITH-Owner  
AMY COLLINS-Office Manager  
DONNA VANZILE-Agent  
LINDA CLINE-Agent  
LISA ALLRED-CSR  
CHERI WILLSON-Health & Life Specialist

**NORTHWOODS INSURANCE AGENCY**  
100 S. LAKE AVENUE • CRANDON, WI 54520  
(715) 478-2215 or 1-800-365-6258  
FAX: (715) 478-5485  
E-mail: northins@newnorth.net  
www.northwoodsinsurance.com

**CAT ADVOCATES**  
TRAP-NEUTER-RETURN  
Adoptable Cats now available!  
Call for volunteer opportunities

www.cat-advocates.org  
Email: florencetr@aol.com  
www.facebook.com/florencetr

Sarah Giddings  
920-227-7918

**MIKE'S HOUSE PAINTING** FREE ESTIMATES (715) 478-2756  
NO JOB - too big or too small!

**MICHAEL SIVERTSEN**  
OWNER

25+ YEARS EXPERIENCE  
REASONABLE RATES  
SENIOR CITIZEN DISCOUNTS  
REFERENCES AVAILABLE

**Tri-County Communication Services**

Laurie LaFleur, MS CCC-A, M.A. CCC-SLP  
ASHA CERTIFIED AUDIOLOGIST

Audiological Services - Hearing Aid Sales & Service - Speech and Language Ser-

P.O. Box 33 715-528-4350 888-528-4350  
US 2, Florence 54121 www.tricountyaudiology.com

**Norwex®**  
The Power to Clean Your Home  
Without Harmful Chemicals

Call Deb Simons, Independent Sales Representative  
For More Information Call or Text: 715-923-4565.

Give the gift that keeps on giving, with a gift subscription to **The Florence Mining News**

CALL 855-511-6397 to order your gift!

**Northwoods Auto & Truck Repair**  
Complete Under Car Specialist

- Brakes • Steering • Shocks • Struts
- Wheel Bearings • Oil • Lube • Filter • Alternators
- Starters • U-Joints • Ball Joints • Tie Rods
- Batteries • Seals • Tune-Ups • Belts • Hoses
- Road Services • New & Used Tires & Tire Repairs

OFFERING 24 HOUR TOWING SERVICE

ASE Certified Mechanic  
Locally Owned & Operated By: Robert Nanninga  
1160 Co. Hwy. B in Aurora 715-589-2886  
M-F 8 am-5:30 pm, Sat. 8:00 am-12:00 pm

**Gregory P. Seibold**  
Attorney at Law

"Your borderland legal resource."

- Real Estate
- Estate Planning
- Probate
- Personal Injury
- Business Planning
- Litigation/Appeals
- Creditor/Debtor
- Employment

Seibold Law Firm, LLC  
441 Central Ave.  
Florence, WI 54121  
715.889.4235

Seibold Law Firm, PLC  
1112 Carpenter Ave.  
Iron Mountain, MI 49801  
906.779.2343

Visit us at: seiboldlaw.com Licensed in Wisconsin and Michigan