



No remote. No mouse. No controller.

No problem. Children who are active and enjoy good eating habits have a better chance of staying fit as adults. **And that means less chance of a weight-related health problem because adult diseases start in childhood.**

So, help put your child in the game early on by encouraging daily exercise and healthy eating. Remember to schedule regular check-ups with a pediatrician – the only doctors exclusively trained in the ongoing health and care of children. Get the ball rolling now, because **a healthy future starts today.**

For more information on keeping your children fit, or to find a pediatrician who is a Fellow of the American Academy of Pediatrics (FAAP), visit www.aap.org

American Academy of Pediatrics

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