



## 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](http://www.aap.org)

American Academy of Pediatrics

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