

Healthy Minds

Healthy Bodies



THERE IS
AN APP FOR THAT

DIGITAL TOOLS FOSTER FIT KIDS

by Kelli Calabrese

In today's culture, instant gratification reigns supreme. When it comes to the fitness, nutrition and overriding health concerns of children, parents seek tools and resources that can be used immediately. Here are six digital resources that can help promote positive lifestyle changes for children struggling with weight issues:

1. Internet Calculators: Body Mass Index (BMI) is a reliable indicator of body fat levels for most children and teens. A BMI Calculator for Children and Teens (ages 2-19 years old) is freely available at the Centers for Disease Control website. The Children's Energy (Calories) Needs Calculator developed by Baylor College of Medicine is another useful online tool that calculates how many calories a child

needs each day based on height/weight/physical activity level.

2. Online Quizzes: While you have heard much about childhood obesity, how much do you really know? Find out with a quick and free quiz that's available at the Discovery Health website.

3. eBooks: One fictional book that educates and inspires kids is the award-winning *Making Healthy Choices – A Story to Inspire Fit, Weight-Wise Kids*. In this ground-breaking story, important diet, fitness and health themes, in an easy-to-read style, help overweight kids get on a healthy track.

4. Apps: There are a number of apps on the market to help kids eat healthy and get active. One, titled *Healthy Eating, Healthy You*, features exclusive healthy

recipes developed by chefs at MGM Resorts. Another app, *Child Obesity Guide*, provides caregivers with assessment and planning tools. The *Nutrition and Healthy Eating* app provides three fun, science-based, learning games for preschoolers and kindergarteners.

5. Interactive Games: Online games are a fun way to engage kids while teaching them health principles. Kidnetic features cool games, scavenger hunts, challenges and more.

6. Videos: The Internet is filled with helpful videos that pertain to childhood obesity. There are educational and informative videos as well as moving and inspirational documentaries.

For the complete article, visit www.mykidsfan.com. ♥

