

# Healthy Kids Make Healthy Adults

A fitness guru offers **5 suggestions** to get your little ones into tip top shape, forever.

By Mirza Torres

Fitness pro Lee Labrada is setting a good example, and he thinks you should too.

By the time each of his three young boys were 4 years old, they were already involved in sports. "It's never too early when it comes to getting kids active in exercise," says the former Mr. Universe and founder and president of Labrada Nutrition. "It's a fact that children develop habits, whether good or bad, more easily at a younger age."

He's right. According to a recent study by the National Institutes of Health (NIH), healthy kids make healthy adults. By encouraging kids to exercise, parents like Labrada are doing their little ones a favor that will last them a lifetime.

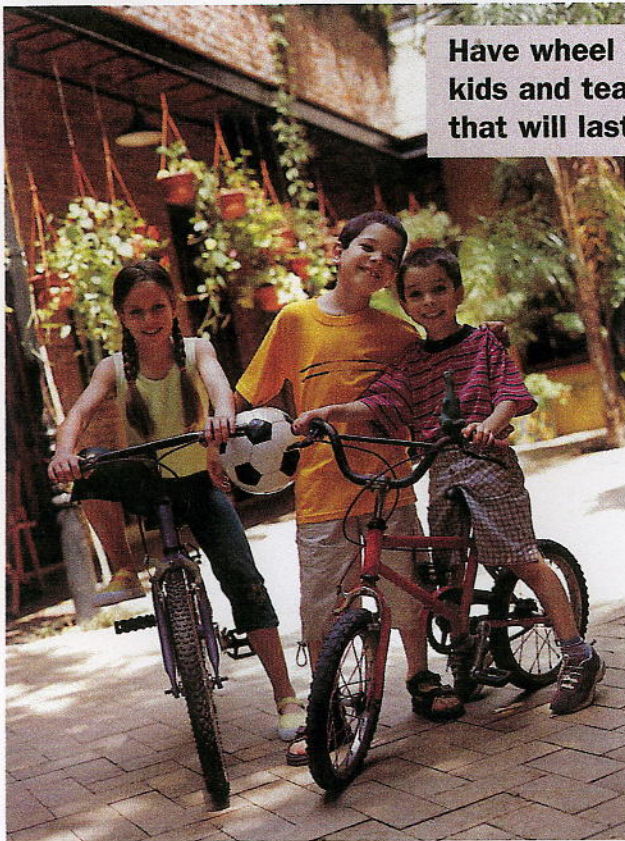
Whipping the little ones into shape is not as strenuous as it sounds. CATALINA brings you Labrada's *very simple yet highly effective* suggestions to help parents and their children get fit together, and have fun.

## Go back to basics: Throw and catch

Kids of all ages can enjoy a good game of throw and catch. Activities like this one can help a child who has an early interest in playing sports, but it will also teach them to appreciate being outdoors.

**The fitness benefit:** It's physical and also helps the child to develop good eye and hand coordination at a young age.

**Have wheel fun with your kids and teach them fitness that will last a lifetime.**



## Create a new kicking habit: Kickball

Kickball, or soccer for that matter, is another sport to enjoy with kids of all ages. You can form a team with your child's friends and have the game at a nearby park.

**The fitness benefit:** Kickball requires physical exertion from kicking the ball, but also is beneficial from the running activity.

## Shoot it straight: Basketball

All you need is a basketball hoop. The

rest comes naturally, and this sport is easily adaptable to more members of the family who can play along, or turn an informal game into a friendly competition.

**The fitness benefit:** Basketball will help strengthen your child's eye and hand coordination, and you can both get a great workout by playing a couple of games of one-on-one.

## Roll with it: Rollerblading

Though not recommended for younger children, rollerblading can be a great way for a family to spend time together and get in some physical activity. Just make sure to wear your pads and helmets.

**The fitness benefit:** Rollerblading seems like pure fun, but it's a great aerobic workout as well.

## Have wheel fun: Bike riding

Most cities have bike trails that are open to the public and are relatively free of high traffic areas. This is great for children of all ages. Put on the helmets and set a distance together that you want to do in a certain period of time.

**The fitness benefit:** Lighter on the knees than running or basketball, biking works out leg muscles with ease and is a good aerobic exercise too.

## Bonus tip: Have a picnic, in the name of health!

Everyone loves a picnic, right? Then turn off the TV set on the weekend, and have a family picnic at a nearby park. You can run together, play on the swing set, go biking, and enjoy many of the other fitness tips listed here, all in one setting. ☺

## LEE LABRADA'S HEALTHY GOODIES

The former bodybuilder is not just a fit dad, Lee Labrada is the CEO of Labrada Nutrition, a company which distributes healthy products nationally and internationally, including Peanut Butter, Double Chocolate Chunk, and Chocolate Mint body bars. (My favorite is the peanut butter bar.) For more information on Lee and his healthy goodies, go to [www.labrada.com](http://www.labrada.com).