

# Once, kids played like their lives depended on it. If only kids still did.

Chunky. Hefty. Big-boned. For parents of overweight children, it's all too easy to minimize reality. But the consequences of a heavy childhood may actually result in a generation of children with shorter life spans than their parents.

Encourage physical activity and better nutrition. Do whatever it takes to get your kids as active as kids once were. Activity and weight-bearing exercise will help your child live stronger, and live longer. For more advice and information, visit [orthoinfo.org](http://orthoinfo.org) and [aap.org/obesity](http://aap.org/obesity).

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