

Hot Guest!

Great Human Interest

Surgeon General Declares Epidemic - Obese Children Florida Woman Offers Hope for Parents

"MomPopAndMe.com" targets lifestyle habits that prevent obesity and promote a healthy, fit lifestyle for children of all ages. The focus of the "Mom, Pop and Me" program is not on losing weight, but on fun and educational activities that foster healthy behavior and active living, according to founder Shondelle Solomon-Miles, a weight loss educator and coach in Hollywood, Florida.

"Prevention of obesity while young is the key to a healthy lifestyle as an adult," said Solomon-Miles. "The time to make a difference is in the early years before habits become entrenched."

"We can reverse the growing trend of obesity if we help our children to learn healthy lifestyles that will last them throughout their lives," explained Solomon-Miles.

"Mom, Pop and Me," is an exercise, nutrition, behavior modification and skills development program designed for children 7 to 12. Parents are encouraged to accompany their children to the training sessions. Those who do not live in the area can participate through a video course.

Tips On Preventing Childhood Obesity

Solomon-Miles offers a free report on the MomPopandMe.com web site to assist parents. Here is a brief summary of what it contains"

1. Establishing structured meal times may help kids from overeating, but it should not be done in a punishable manner.
2. Focus on nutrition and health, not on weight. Encourage your children to focus on positive fitness and health goals, such as exercising during the commercial breaks of their favorite TV show.
3. You do not want your child to become preoccupied with how much they weigh.
4. Allow your child to occasionally indulge. Eating is one of life's greatest pleasures. Do not take that away from your child.

Sample Questions you could ask

- Why is there such a dramatic increase in the number of obese children?
- What effect will this have on future health care costs?
- Parents struggle to get their kids to change bad habits, how can you help?
- What tips can you give our listeners for helping their kids right now?
- Is there a relationship between watching TV and obesity in children?

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