

Children's Health Minute

Air Dates: Week Sept. 25, 2006

"Family Fitness Day"

Spot # CHMS06D

Dr. Hellerstedt: Go out and play—that's what health and fitness experts want you to do on Saturday, Sept. 30—Family Health and Fitness Day.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

The U.S. Surgeon General says American families need to get moving—here's why:

Childhood obesity has tripled since 1980, and 61% of U.S. adults are overweight.

Family Health & Fitness Day is a national health and fitness event to promote family physical fitness. Keep an eye out for local organizations that will be hosting activities such as walking events, low-impact exercises, sock hops, bike rodeos, and health screenings.

Announcer: Keep your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your children's health insurance. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.