



杭州康纯进出口贸易有限公司

HANGZHOU COMTRUE TRADING CO., LTD

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## Hangzhou Comtrue-Add Action to Your Lifestyle

Vegetables and Fruits Supplier, Bean products Distributor, Canned and Fresh foods Wholesaler or OEM Service factory-Hangzhou Comtrue Trading Co.,Ltd.

Regular physical activity is just as important to a healthful lifestyle as smart eating. Apply the same principles of variety, balance and moderation to both your food choices and your physical activities.

- Variety: Enjoy many different activities to move different muscles, such as power walking for your heart and leg muscles, gardening for arm muscles and sit-ups for abdominal muscles.
  - Balance: Because different activities have different benefits, balance your physical activity pattern. For overall fitness, choose activities that build cardiovascular endurance, muscular strength, bone strength and flexibility.
  - Moderation: Move enough to keep fit, without overdoing it. At least 30 minutes of moderate physical activity most and preferably all days of the week will do.
- Practice variety, balance and moderation to keep your body beautiful both inside and out!

### The Benefits of Active Living

A study published in the January 2007 Journal of the American Dietetic Association finds children who watch more television, eat fewer family meals and live in neighborhoods perceived by their parents as less safe for outdoor play are more likely to be overweight.

Parents and caregivers can encourage active play with these tips:

- Balance sedentary play (such as reading together) with plenty of active play.
- Choose day care that makes safe, active play a priority.
- Set aside time each day for active play together, perhaps tossing a ball, playing tag or taking a family walk.
- Designate an inside and an outside area that's safe, where your child can freely jump, roll and tumble.
- Pick toys that "move"—a ball or tricycle.
- Join a play group together.

China Frozen Vegetables distributor China Frozen Fruits wholesaler China Bean Products manufacturer China Canned Vegetables & Fruits exporter, China Fresh Vegetables Company China Quality Frozen Vegetables on sale.