

September marks the start of a new school year, and this can be both a stressful time for both children and parents. All parents want their children to live happy and healthy lives, however child obesity is on the rise and statistics from the most recent survey in the UK has revealed that 25 percent of boys and 33 percent of girls aged between two and 19 years are overweight or obese – and there's little sign the incidence is slowing.

Obesity currently costs the UK around £2billion annually and shortens lives by nine years, due to the associated health problems. Some health experts even believe we'll soon see parents outliving their children. Equally worrying is the fact that parents are getting so used to seeing overweight kids, they don't recognise their own children are obese.

Therefore, there has never been a more vital time for parents to take action, and one of the best ways to do this is to encourage children to be more active. Taking just a few simple steps to boost energy, posture and motivation can help children to stay in tip-top shape all year through



back to
School



Early Morning Exercise

Once children are in a routine of getting up at the same time everyday, why not encourage them to get up half an hour or 20 minutes earlier to do a few simple, gentle exercises. Your Chiropractor can recommend some easy-to-do stretches and exercises that children can easily fit into their daily routine.

On the Way to School

It's all too easy to hop into the car in the morning, however why not try walking to or from school? Your local area may have a "walk to school" scheme where children in the local area are collected and walk in a large group, or if not – this might be worth setting up a scheme like this. If you don't live in walking distance from the school, you could try cycling there, or even getting off the bus a few stops early.

Sitting Down In Class

We all know that slouching is bad for our backs and this applies to children too. Many children slouch over their desks at schools and so teaching children how to sit properly is a vital way to make sure they develop good posture and hopefully avoid any back pain that may occur later in life. Slouching creates an unnecessary curve and therefore strain, on our spine. Here are some tips to make sure children's backs are looked after in the classroom:

- Sit on a chair and make sure your back is straight
- Lean your back gently against the chair
- Keep your feet flat on the ground rather than swinging.

Check the weight of their bags

With bits of paper, books and lunchboxes, school bags can get very heavy so make sure children only take the books they need each day.

One-handed bags such as satchels cause the weight of the bag to be unevenly distributed on the body, causing certain muscles to tighten or loosen too much. So, distribute the weight of the bag evenly over both shoulders to avoid any injury. A backpack is perfect for this.



Even better, enquire whether children can leave larger items at school in a locker or on a peg to avoid carrying them round all day.

Make physical activity a social activity



Taking your child to a sporting group or encouraging them to be a member of a sporting team is not only a great way for them to get some physical exercise, it is also a great chance for them to make new friends.

Whether it's rugby, football, ice-skating, or dancing – find out what your child is interested in and make this after school activity a priority.

Chiropractic - Safe and Effective

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