

Bonnie Boilini Baxter's Thoughts on Fighting Childhood Obesity

Over the years, I have become increasingly aware of the long term health benefits from an early childhood exposure to creative movement and exercise. Unfortunately, the growing trend in childhood obesity is well established. Without a positive introduction to exercise, children develop negative attitudes toward exercise that most certainly contributes to the number of overweight children. If very young children can be engaged to enjoy routine movement and exercise, the benefits will last a lifetime.

The earliest introduction to exercise should be in a non competitive, non threatening environment. At the outset, it is critical to allow children to progress at their own rate. Children must be encouraged to feel comfortable about their own body vocabulary and to develop positive 'body awareness'. With positive reinforcement young movers become more confident to try a variety of physical activities. With improved self confidence and a positive attitude toward movement and exercise, children will have an increased opportunity to grow into healthy adults.

I believe that we must nurture children to be participants not just observers. By design, ***Creative Movement for Children- DVD*** invites participation. Our children need to do what is natural – move, create, and be physically fit. Moving is part of the human experience. Childhood obesity should not be!

Bonnie Boilini Baxter

Creative Movement for Children, Volume 2 for children 6 to 10 years of age is currently in production. There are also related educational products in development by www.YourCreativeChild.com

www.YourCreativeChild.com is the result of sustained collaboration between a brother and sister. Bonnie Boilini Baxter brings forty years of experience in childhood education along with a distinguished career in choreography and artistic direction. She is a recipient of the prestigious, *Life of a Child Award* www.qualityoflife.org/healthworks/lifeofachild.htm . Edward Boilini www.eBoilini.com has been honored with numerous awards in the field of media arts over the last thirty years.

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