



Kids LOVE
Stretch-n-Grow



 **Stretch-n-Grow**


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The World's Leading
Health and Fitness
Programme for Children

Top 10 Reasons Children Need Stretch-n-Grow...

1 For the first time in 100 years, today's children have a lower life expectancy than their parents due to obesity and sedentary lifestyles.

(World Health Organisation)

2 Over 20% of 2-10 yr old children are overweight, 14% of those are clinically obese.

(Health & social care information centre, April 2006)

3 With 20% of 2 to 5 year olds obese and a further 14% overweight should this trend continue it is forecast that 60% of adult males, 50% of adult females and 25% of children will be obese by 2050 and around 35% of adults and 30% of children will be overweight.

(Department of Health, 2006)

4 Many habits are formed by the time a child starts school. Be a part of instilling healthy habits in your children!



5 Physical activity in childhood has a range of benefits including health, growth and development, establishment and maintenance of energy balance, psychological well-being and social interaction.

(Department of Health, 2004)

6 It is vital that youngsters get regular physical activity to lay the foundation for good health as they grow up.

(Dr Mike Knapp, British Heart Foundation, Oct 06)

7 85% of children diagnosed with Type 2 (adult on-set) Diabetes are overweight.

(Diabetes Research Centre)

8 If children don't master fundamental motor skills by the age of 5, they may never realise their full potential to perform them.

9 Data on physical activity among children in England found that 30% of boys and 40% of girls between 2 - 11 years were not achieving at least 60 minutes of moderate intensity of physical activity each day, the recommended minimum.

(Department of Health, 2007).

10 **Because Kids LOVE Stretch-n-Grow**

