



## Sharing Healthy Nutrition With Your Children

by Tara Zimlik  
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Your children may be busy with sports and school activities so sometimes nutrition choices can be less of a focus. As a parent it is your job to educate your children on nutrition. Eating healthy is important for your children's health today and for the future. Children that eat poorly tend to be overweight and become sick more frequently. Weight does not have to be the main focus but you should make sure your children are eating healthy and staying active so they are at a healthy weight. Research demonstrates that 80% of obese children will become obese as adults. That is a scary statistic but the positive is that you can help shape your children today and help mold their future. As a parent, you have the power to help them to make healthy changes that will last a lifetime.

Here are some helpful tips to help your family in their nutrition choices:

- 1) Drink H<sub>2</sub>O with a burst of lemon. When your child is active at sports practice, pack cold water with lemon in it. If they are practicing for an extended period, bring coconut water or a banana to replenish potassium. Many electrolyte drinks have a large amount of sugar and calories in it. Some of these electrolyte drinks can actually be more calories than the calories burned in an entire sports practice.
- 2) Pack a healthy snack. Bring along fruit and homemade granola to practice or games so your child can replenish while still eating healthy.
- 3) Have a balanced dinner. Make sure to have a balanced dinner that includes salad and a vegetable. If children grow up eating balanced meals this will be their lifestyle.
- 4) Make time for family. As busy as we all are nothing beats family time. You will feel great spending time together and this is important for your physical and mental health. So make time for your family and help them shape their health today, tomorrow and for years to come!

**Tara Zimlik** is a Certified Personal Trainer, Health Coach, and founder of Tara's Bootcamp, the Premiere Bootcamp of New Jersey. She has completed 19 marathons, hundreds of 5ks and has trained with top athletes at the University of South Carolina where she was awarded a full cross country scholarship. Tara also has a degree from Rutgers University and specializes in fat loss and nutrition. In 2005, Tara ran the NYC Marathon while 8 months pregnant with her 2nd daughter, Ella. In 2008, Tara placed in the top 500 women for the NYC Marathon. And in 2011, Tara ran the NYC Marathon 6 months pregnant with her 3rd baby, Brent. Tara has been featured on many television segments including Fox, WPIX, NJ 12 and in Prevention's 2011 book, The List Maker's Get Healthy Guide. Tara's practices what she preaches in all aspects of fitness and health and for this reason she is a trusted trainer that produces results. For more information on Tara visit [www.tarasbootcamp.com](http://www.tarasbootcamp.com) and check out her motivational sister site [www.funfitmama.com](http://www.funfitmama.com) where Tara provides daily tips.