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Parental Responsibility for Children Healthy Weight

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Editorial

In the 20th century the general perception has been that is natural for a child to be active, playful and willing to spent time with peers outdoors, in physical activities. Nowadays children and even toddlers spend their leisure time mainly in sedentary screen activities. Such inactive and stationary way of living indoors without being in contact with sunlight or fresh air and the intake of excess calories, which is more than the requirement, will result into overweight adolescents, weak adults having thin shoulders, lungs not fully developed, and confined physical activities, but with remarkable typing skill. The ideal of a 'sound mind in a sound body'—proverb of Greek origin suggesting that the mind and body should be both healthy and sound was replaced by "**Globesity**" a term illustrating the over eating and sedentary behaviour global dimension. The phrase "Man is the only animal who has to be encouraged to live" as stated by Friedrich Nietzsche—an influent German philosopher in the 19th century, is becoming more acute and of present interest.

Globesity, the awareness that has been featured most of the time, is the inactive lifestyle and the co-morbidities are such behaviors that might be an effect on children and the families' wellbeing. Education and healthcare systems cannot keep the pace with the speed obesity has spread and against the consumption culture which pushes the younger generation toward a greedy idleness. A striking example is that of the United Kingdom between about 1942 and 1947, when very strict rationing was imposed because of the Second World War; the British people were probably better nourished than ever before or after. Strict constraints were hold for each family, regarding their dietary plan including all sorts of edible food and the quantity of intake. Whereas, fruits and vegetables were not restricted. Hence, this resulted in low mortality rate due to diabetes and heart disease and the population was benefitted with a better nutrition criterion. Nowadays, UK can be ranked as the second European country with the highest percentage of death due physical inactivity [1].

Primarily children acquire life habits in family, tending to adopt the example of their parents. Therefore, parents have an important responsibility in promoting a healthy life style in

family and thereby giving a good example to their children. The effect of family life style is tracking more than one generation; also overweight and obesity tend to run in families. A child who has overweight parents, who eats high-calorie foods and prefers sedentary behaviours, will likely to become overweight too. However, if the family adopts healthy diet and spends time in physical activities, the chance of being overweight or obese is reduced. Overweight or obese children starting primary school have low chances in terms of having a normal BMI in future and difficulties to meet the daily physical activity recommendations. This vicious circle between low levels of physical activity and weight excess requires a new approach in thinking PE in ergonomic terms oriented towards efficient programs dedicated to children facing weight challenges.

Results of a 55-year longitudinal follow-up study have shown that obesity at adolescence is associated with adverse health effects in adulthood [2]. Physical activity is therefore fundamentally important for the maintenance of life functions; it is an essential part of being healthy, as it has a proven protective role against the development of cardiovascular disease, metabolic and skeletal disorders, and even psychological vulnerabilities [3]. In conclusion promoting physical activities, a healthy life style, and underlining that exercising has long-term benefits becomes a necessity not only in PE classes, but also in families. Promoting physical activity as a well-being component for children and their parents targets the enhancement of health, resilience, and social outcomes for individuals and communities.

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