

The Call of Change for Our Children's healthy lifestyle: School Meal Plans and Physical Activities

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Received: August 14, 2019

Published: September 05, 2019

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For a healthy community, healthy future, and healthy school lifestyle we have to start the change in our children's schools. Our children go five times a week to their schools and eat non-healthy food, drink a lot of sugar-drinks, and do not move their bodies enough. Unfortunately, this affects negatively in our children's body weight and on their developmental areas as well. Most families noticed that their children are getting lazy, refusing to eat healthy food and snacks, and wanting more junk food. This issue does not just affect our children's health, but also affects us as a worried parent who loves their children and wants them to grow healthy and successfully. This crisis can go beyond of us as a community and be a global health problem. According to Harvard School of Public Health [1], 43 million of preschool children under age 5 around the world were classified as overweight and obese children. In addition, the World Health Organization [2], indicated that the percentage of overweight and obese children has raised from 4% to 18% for both genders. The Centers of Disease Control and Prevention [3] indicated that obese children will face social-emotional, educational, and health problems in their lives. Diabetes, heart disease, asthma, sleep disorder, low self-esteem, anxiety, and more will face and affect our children's health as they grow up [3]. We do not want to lose our children, and we do not want them to lose themselves early as well. We want healthy and happy generation, so we must start early and work together to face this issue.

Providing healthy meals and snacks to our children at their schools in lunch time, will help with facing this issue. This will help us on making our children like to eat healthy inside and outside the school. Also, enhancing children's physical activities at their schools, will make them move a lot and help with losing the extra weight. Moving and doing physical activities will help families as well when they want to exercise and have a walk with their kids.

Children will love to walk, exercise, and do the things that they do at their school with their parents. Many families, teachers, communities, and organizations would like to help and cooperate with each other to face this problem, eliminate the consequences, and implement the solutions. The lack of physical activities will affect negatively on our children's lives. If children did not exercise they will face future problems, such as, being overweight, weak bones, laziness, bullying, low self-esteem, low academic achievement, diabetes, high blood pressure, and more. Because of that we need to start early on facing this crisis for the benefit of all. School physical activities are essential for our children's health and growth. Without physical activities, we will have an obese generation. In contrast, eating healthy food will make our children grow healthy and strong. Lunch time can be such an enjoyable experience that children can live and feel at their schools. Children with their teachers and peers will have the chance to eat healthy food and

snacks and develop this healthy habit easily. Healthy meal plans are essential to create and develop healthy generation.

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