



# Childhood Obesity and How Commercial Playgrounds Can Help

**C**hildhood obesity is a growing problem in the United States. According to the CDC, since the 70s, the prevalence of obesity in children ages 6-11 has increased from 6.5% to 18.8%. However, a recent RAND Corporation study says that school playgrounds and athletic facilities can be important tools in the fight against childhood obesity. Given these facts, it is more important than ever for children to maintain a healthy lifestyle by eating right and getting regular exercise every day. I believe that we can get children active in a fun and creative way. Our play systems offer entertainment and activity for children of all ages. The combination of ground, elevated, and stand alone systems encourage children to climb, slide and swing. Children can enjoy their play and at the same time, receive valuable health benefits.

According to Dr. Amy Bohn, it is

important that physical activities are fun. "Exercise shouldn't be a chore, especially for children," she says. "With warm weather outside, kids can do a variety of activities that involve both fun and fitness." This is why I believe quality playground equipment is so important for the physical and mental health of your child.

Commercial playground equip-

**If you have any question feel free to call us at 877.752.9797 and a customer service representative will be happy to help**

ment not only encourages physical activity, but mental and social interaction as well. Manufacturers now offer a variety of play components, everything from slides to climbers to seesaws and rockers. Commercial playgrounds are not only safe and durable but also

bright, colorful, and appealing to children of all ages. Commercial playground equipment is designed according to specific age groups so that children can have their own unique and age-appropriate equipment. Younger children can explore their creativity at our activity tables and play on our smaller scale play systems. Children of elementary school age will enjoy more physically challenging equipment. One of our main goals should be to get children outside, playing in the fresh air. On our play systems they can stay health and learn valuable lessons in their social interaction with other children their own age. Creating a more active environment for children supports the physical health of your child, as well as his/her psychological and social health.

