

The Fit to Parent™ Program

Raising a child is a serious and important undertaking.

As a parent, you make the choice to either give your children the best lives possible or condemn them to lives of illness and social disadvantage.

Fit to Parent™ can give you and your children the best opportunity to live long, healthy, fit and happy lives. The time you take now to prepare for fit parenting can benefit your children and theirs, too. The habits they learn from you will affect generations to come.

The Fit to Parent™ Program is a lifestyle enhancing course. Fit to Parent™ is offered either in-person at Dr. Applebaum's office in Water Tower Place or in a distance learning format.

For information on how
you can enroll in the
Fit to Parent™ Program
call 312-337-0732, ext. 2

About Dr. Applebaum

Michael Applebaum, MD is an author and medical doctor whose practice concentrates in Diagnostic Ultrasound. Dr. Applebaum has lectured around the world on his groundbreaking discoveries in women's and fetal ultrasound.

Among other achievements, he is credited with being the first person to describe the imaging and importance of endometrial blood flow in fertility treatment outcome and the normal constellation of ultrasound findings during the mid-cycle. He pioneered the development of sonohysterography.

Michael Applebaum, MD is the only medical doctor to hold all of the following fitness credentials:

Certified Fitness Trainer
Master of Fitness Sciences
Certified Youth Fitness Trainer
Certified Endurance Fitness Trainer
Certified Specialist in Performance Nutrition
Certified Specialist in Fitness for Older Adults

**Health is a function of participation.
Participation is a function of fitness.™**

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**Your Weight
and
Fitness Level
Affect Your Children**

**ARE YOU
FIT TO PARENT?**



Problem: The "Tragic Crisis"

The Number One predictor of childhood weight problems is an unfit parent.

- If one parent is overweight, a child has a 40% chance of developing weight problems.
- If both parents are overweight, a child has an 80-90% chance of developing weight problems.
- If neither parent is overweight, a child still has a 7% chance of developing weight problems.

Today, one in three children born in the US will become diabetic during their lifetime as a result of being overweight (according to the CDC). Diabetes leads to other problems, including blindness, kidney failure, amputation and heart disease. Sadly, the onset of diabetes is occurring in younger and younger children.

Diabetes is only one of the many lifestyle-related problems affecting kids.

Studies show that childhood unfitnes is a condition that almost certainly continues into adulthood, resulting in numerous other diseases.

Unless more children and the adults who influence them implement lifestyle changes, the trend will continue.

**This crisis is so tragic because
IT IS PREVENTABLE!**

Solution: Fit to Parent™

Fit to Parent™ is directed at saving children from the devastation caused by being overweight.

Fit to Parent™ enhances the home lives of parents-to-be and parents of children age 3 and younger, unlike any other program.

Fit to Parent™ is a lifestyle program for parents and parents-to-be that prepares adults to raise healthy children.

Dr. Applebaum offers programs for parents with older children. For information, call (312) 337-0732, or go to www.FitnessMed.com or www.DrApplebaum.com

Fit to Parent™:

- addresses how an unfit parental lifestyle affects children and the problems children will likely develop
- explains how parents of young kids and parents-to-be can create a home environment that will help their children live healthier and better lives
- teaches adults ways to improve their lifestyles for raising healthy children and in doing so, improve their own health and relationships

THE CONSEQUENCES OF AN UNFIT LIFESTYLE

- 310,000-580,000 premature deaths yearly -- similar to the number of deaths caused by tobacco.
- Almost two-thirds of American adults are overweight or obese.
- Obesity rates in children have doubled.
- Reduced quality of life and disabilities. The number of Americans living with unhealthy diet- and inactivity- related diseases exceeds 215 MILLION.
- Unhealthy eating and inactivity are leading risk factors for causes of over 1.6 MILLION deaths annually.
- Diet- and inactivity- related diseases cost 617 BILLION dollars yearly.

Data from the Center for Science in the Public Interest
www.cspinet.org/nutritionpolicy

KIDS OF UNFIT PARENTS ARE AT RISK FOR:

Bone diseases	Concentration disorders
Decreased learning abilities	Diabetes
Drug Dependence	Gallstones
Elevated fat in the blood	Hardening of the arteries
Glucose Intolerance	Heart failure
Heart attacks	Lack of confidence
High blood pressure	Limited Participation in Life
Low self-esteem	Memory problems
Menstrual problems for girls	Poor body image
Premature death	Preventable Illness
Ridicule	Psychological distress
Sleep disorders	Social problems
Strokes	Sudden death