

Lyvon Davis Investments In Health System Aims To Reduce Childhood Obesity

Lyvon Davis, a healthy living advocate, announces the 'Lyvon Davis Investments in Health' System designed to reduce childhood obesity.

April 30, 2010 (FPRC) -- Healthy living advocate Lyvon Davis, announces the 'Lyvon Davis Investments in Health' System designed to reduce childhood obesity. The system costs nothing other than an investment in a parent's time to be active with their child.

"Teaching children to eat, live, and play healthy can be more challenging than to give into the convenience of fast food dinners and video games, but it is our responsibility to our children," says Lyvon Davis.

The system, outlined in Lyvon Davis' Investments in Health blog, attempt to educate parents about the differences between 'lazy' toys and activities vs. those that promote health and fitness.

Some approved activities by the Lyvon Davis Investments In Health System include:

- * Hide & Go Seek
- * Simon Says
- * Musical Chairs
- * Scavenger Hunts and Relay Races (be creative!)
- * Many games for the Nintendo Wii Games
- * Indoor bowling with household items
- * Keep-The-Balloon-Off-The-Floor

Parents, teachers, and caregivers can find more tips about the Lyvon Davis Investments In Health System on Lyvon Davis' blog at: <http://lyvondavis.com/2010/04/the-lyvon-davis-investments-in-health-system-for-fitness-play-made-simple/>.

According to Lyvon Davis investing in children's health is critical to their success both now and in the future. Lyvon Davis has a personal relationship with childhood obesity. Growing up in her family's 'down home cookin' style restaurant; she developed an unhealthy relationship with fatty foods that caused her to become obese as a child.

"I didn't realize how much my eating choices affected my overall 'mood' and outlook on life. But when my mother passed away at age sixty-three from a heart attack, I knew that I had to change my ways," said Lyvon Davis.

Today, Lyvon Davis strives to educate others about the physical and emotional benefits of making healthy eating and lifestyle choices.

Contact Information

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