Get Active Script

So what’s one of the biggest risks for our parent’s health, and us kids for that matter?

It’s obesity. Sorry, but it means being overweight.

But the key to preventing or reversing is so simple

It’s called exercise or being active.

And to make that happen, well, we need role models.

You know… someone to lead the way.

Come on dad, you’re doing great.

That role model can be you, or your parent. Switch it for fun.

And don’t worry about needing fancy team sports to be active.

Simple fun stuff like skating, biking, and hiking are just a few easy ways to keep your parents healthy.

And us kids too of course.

So what’s the easiest way to keep your and your parents healthy?

You got it… simple and fun exercise.

So get out there with your parents and fight obesity. Come on dad!