

Author helps children fight obesity

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A Mississauga author is using technology combined with yoga to help children fight obesity. Janet Williams is urging parents to use the internet to win the battle against childhood obesity. She's launched an online streaming video on demand service (for less than \$10 per month) that features a children's yoga workout.

Based on Williams' book, *What I See, I Can Be: A Guided Yoga Flow For Children*, the online workout can be used anytime, anywhere. It's like having a private children's yoga class, the author says.

Over the last decade, researchers have demonstrated that yoga has many health benefits, including reducing stress and anxiety, and helping with weight loss.

"We have to use everything in our arsenal to fight the scourge of obesity. According to the Kaiser Family Foundation (a non-profit foundation focusing on major healthcare issues in the United States), our children are packing almost 11 hours of media consumption into seven-and-a-half hours a day, due to media multi-tasking," said Williams. "That is more time than they spend in school. This inactivity is wreaking havoc on their health and the solution is so simple. We have to help them eat better, and move more."

Williams, a certified teacher and registered yoga instructor, said technology is part of our lives, but we can either sit back and allow it to be a health threat or be creative and use it to help establish healthy habits.

"If we regularly spend 30 minutes as a family doing a fun online yoga practice, I am sure that parents will see a dramatic improvement in attention spans, sleeping patterns and mind-body awareness," she said.

For more information, visit www.childrensyogabooks.com

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