

Father's parenting style directly impacts children's weight

New research out of Australia indicates that fathers who fail to set limits and say "no" to their kids are more likely to have overweight or obese children. Researchers studied 5,000 families with children ages 4-5 and found that, while the mother's parent style had no impact of children's weight, the father's style did.

Researchers found that fathers who did not set limits for their children or had disengaged parenting styles were more likely to have overweight or obese children, while fathers who set clear limits and were more consistent with their parenting tended to have children with a lower body mass index. ³

³ *Pediatric Academic Societies* , 2007.

Extract from Health Benefits of Exercise Newsletter, Volume 2, Issue 6

Disclaimer

Get Active! magazine (ISSN 1520-8397) is printed bimonthly in the U.S.A. and is distributed through leading gyms and health club facilities and paid mail subscriptions. Copyright 2005 by Fairfax Publications. Title is protected through a trademark registration in the U.S. Patent Office. Canada Post International Publications Mail (Canadian Distribution) Sales Agreement No. 1041622. Published by Basic Media Group, Inc., 11050 Santa Monica Blvd., Los Angeles, CA 90025. All Rights Reserved. Third Class Postage paid at Pewaukee, Wis. POSTMASTER: Send address changes to: *Get Active!* P.O. Box 74908, Los Angeles, CA 90004. Please enclose mailing label or call (800) 676-4333.

Reproduction in whole or in part without permission is prohibited. Canadian GST#893770475. Printed in the U.S.A. Neither Fairfax Publications nor *Get Active!* magazine is affiliated with any healthcare practitioner, healthfood store or healthcare facility. Every effort has been made to establish that the individuals and firms in *Get Active!* are reliable and will give reliable service. The appearance of these advertisements does not constitute an endorsement by *Get Active!* or Fairfax Publications. *Get Active!* does not endorse any form of medical treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family physician before undertaking any kind of medical treatment. FairFax Publications accepts no responsibility or liability, either expressed or implied, for any products featured, advertised or demonstrated herein.