

Kids get fit...minute by minute

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Two Calabasas-based moms and business partners are out to help kids get healthier and more fit one minute at a time. Their program, called J.A.M. (Just a Minute), is free to schools, and can now be found in districts locally and nationwide. It offers 60-second, in-class exercises for kids and teachers, combined with a health and wellness newsletter packed with nutrition, fitness and health tips.

"It's our grass-roots effort to help kids get healthier and combat childhood obesity," says Patti Howell, president of Health-E-Tips. "If we can make a positive impact on kids at this age, it can, hopefully, become a lifelong habit."

The company provides a fee-based one-page newsletter to corporate clients with health and wellness tips for their employees. That business funds the free school program.

Health-E-Tips co-owner Kathy Kaehler, who is a fitness expert for both "The Today Show" and the Los Angeles Daily News, has created the one-minute exercises, incorporating basic moves that can easily be performed sitting and standing.

"It teaches them exercise can be fun," says Howell. "It can be part of their daily routine. And it's not only good for the kids teachers are doing it, too." The program was launched at Round Meadow Elementary School in the Las Virgenes district, and can now be found in Burbank, Moorpark and Culver City districts.

Howell says many schools take three to five exercise breaks each day.

"If a teacher uses it five times a day, that's 25 minutes a week. Over the course of a year if you combine that with other healthy behaviors, an overweight child could potentially lose 3 pounds."

For more information about bringing the free program into your school, visit Healthetips.com <http://Healthetips.com> or call (800) 884-6446.