

Three Tips for Your Child's Health: Proper Nutrition, Consistent Exercise and Adequate Sleep

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DUBAI - Approximately 300 children were provided with free nutrition check-up during the three-day 'Mother, Baby & Child Show' recently held in Dubai.

The free nutrition check-ups were held by Anchor and supplemented by expert advice offered to parents on how to implement a strong nutrition regime for their children, as well as on the importance of sleep and regular physical activity.

The activity was developed in conjunction with qualified New Zealand nutritionists and is based on global nutritional recommendations. Children had their height measured on a growth chart and their body composition was calculated using the Anchor Institute Body Analyzer, a machine, which determines the amount of fat, muscle and mineral content in a child's body.

Once the test results were finalised, a nutrition expert discussed the child's results with their parents, offering recommendations to help them maintain or establish optimum health for their children. "As a mother, this is a great opportunity to ensure my children are on the right developmental track," said Sharon Fernandes, mother of two.

"Today I learnt that three key ingredients contribute to my children's physical and mental growth — proper nutrition, consistent exercise and adequate sleep." Mohammed Al Batouty, Senior Brand Manager, Anchor, said, "With so many myths about health and nutrition, it can be very hard for parents to know exactly what to believe and what is really best for their children's wellbeing."

The 'Mother, Baby & Child Show' was held this year at the Dubai International Convention and Exhibition Centre from December 18-20.

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