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Mon, Oct 17, 2005

Monday health checkup

EXERCISE TIP: Childhood obesity is on the rise. Encourage movement with your child from early on. Encourage children to participate in fun activities that include walking, running, rollerblading or dancing.

From <http://drgreene.com>

WEEKLY CALENDAR: Wood County immunization clinic, 9 a.m. to 7 p.m. Wednesday at the courthouse annex. 421-8911.

TIP: Some autumn days just scream for a bowl of home-made soup or chili. Find some health-conscious recipes at <http://cdkitchen.com>.

ONLINE: Hey guys. Want to look like a pro football player? Check out what a Raven fullback does to keep in shape at health.msn.com/fitness/, and click on the NFL workout under Mens' Fitness.

SCOPE: Zzzzz. Could a lack of sleep lead to obesity? Find out in October's Scope, published Oct. 3, and available online at <http://wisconsinrapidstribune.com>.

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