

Planting Seeds of Inactivity, Poor Nutrition

According to the above abstract, too many adolescents fail to meet established national guidelines relative to physical activity (60 minutes or more per day), television viewing time (less than two hours per day) and diet (five or more servings of fruits/vegetables per day; less than 30 percent of total energy intake derived from fat per day). And what's more, *parents* with poor health behaviors seemed to contribute to poor health behaviors in their children.

