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your kids,” she said. “Go for a walk, play ball, go swimming. Do something together. That hour a day you spend with them will not only teach them good habits but will make a big difference in your relationship, too.”

Getting kids involved in team sports is also a great way to encourage physical activity and help kids build self-esteem and teamwork abilities, Moeller said.

“Yankton has a ton of kids sports,” she said. “We have the summer rec programs, intramural programs at the high school, school sports, soccer, River City Gymnastics, two dance studios, Junior Leader Football, hockey and skating, softball and baseball. There is always something. Let them try as many as possible until they find something they enjoy. It’s nice for them to have a sport they like, that they can continue to do as they grow up.”

The Summit Center also offers open gym and swim times and a Keep Fit Class for kids 12 and older to learn about the fitness equipment at the gym and how to use each piece.

As a physical trainer, Moeller said it helps to keep you motivated if you have a fitness buddy.

“When you have a friend or relative that will do it with you, it keeps you motivated and accountable,” she said. “The buddy system really is a great way to do any fitness program.”

Moeller said childhood obesity really is an epidemic, but it’s one everyone can overcome.

“It’s gotten out of hand, but there are a lot of programs out there for kids,” she said. “Search them out, look at the lake offerings online, read the newspaper for events at the lake and in town that might be fun for you and your kids, and if all else fails, take advantage of the great trails we have here in Yankton. Go for a walk and make it a regular event.”

■ by Tera Schmidt

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something about it,” she said. “If it’s gotten to that point it’s probably affecting your husband and children, too. We don’t live in a vacuum.”

In her newest book that she will have available for purchase at Celebrate Women, Hagen tells 31 personal stories that are meant to be read one each day, but in no particular order.

“You can bop in and bop out anywhere, and after every chapter is a journal page so you can jot down your thoughts,” she said.

To download a preview of the first chapter of “Confidence: Now Is Your Time 31 Days to a More Extraordinary You,” visit <http://elizabethhagen.com/book/>.

In addition to “Confidence: Now Is Your Time,” Hagen is the author of “Organize with Confidence,” co-author of “Focus, Organization and Productivity,” and creator of the “Speak Now and Forever Get New Clients Home Study Program.”

She is a Certified Professional Organizer, on the National Association of Professional Organizers (NAPO) Board of Directors, Golden Circle member of NAPO, member of the MN-NAPO chapter, recipient of the 2010 Los Angeles Organizing Awards Best Organizer as Coach or Mentor Award, member of the National Speakers Association (NSA) and a Certified Personality Trainer through CLASS (Christian Leaders, Authors, and Speaker Services).

For more information about Elizabeth Hagen visit elizabethhagen.com, elizabethhageninspires.com and elizabethhagenspeaks.com.

■ by Tera Schmidt



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