



**3FE18**

*Contact* April T. Glasgow  
*Telephone* (284) 852-7875  
*Cell* (284) 442-4507  
*Email* aglasgow@vinhi.vg  
*Website* www.vinhi.vg

**FOR IMMEDIATE RELEASE**  
September 18, 2018

## **FITNESS FOR THE FAMILY**

### **Interview with Charles Forbes, Personal Trainer**

**NHI: What are some of the benefits of exercise for adults and children?**

CF: Exercise can strengthen the heart, clear arteries and veins, strengthen the lungs, controls your weight, strengthens bones, improves energy levels, enhances brain power and improves mood.

**NHI: Why is it important to get children involved in fitness?**

CF: If you start a child off at a young age, and keep them healthy by exercising and eating properly, it will help reduce [the chances of getting chronic diseases like cancer and diabetes].

**NHI: How can parents get their children involved in fitness routines? How do you get your own children involved?**

CF: If you want to get children involved in exercise, make it fun. Choose activities that are developmental. Don't have them lifting too heavy at a young age, because they're still growing. Encourage fun aerobic activity with old school scooters, bicycles, skipping ropes, and swimming. Buy them active toys that make them get up and move.

[Involving teachers and doctors can help motivate children because they look to these persons as credible influencers. They can help reinforce what parents are already saying about fitness and can make a difference.]

Also, parents [must] be role models for their children. If parents exercise, it encourages children to exercise. At the end of the day, you'll be around a lot more years and watch [your children] grow up.

**NHI: What are some basic exercises for both children and adults?**

CF: Stretches, jumping jacks, military presses, calf raises and wall push-ups. [Watch the YouTube demos with Charles here - <https://youtu.be/kBUH0NyC5t4>]

**NHI: How often should we work out per week?**

CF: Twenty to sixty minutes a day, for three to five times a week. If you can put in at least three days of focused exercise, do it. If you can put in five or six days, do it. As long as you don't overdo the same group of muscles. [Switch it up], make it simple. You can walk, go to the beach, use weights or use your body weight. I always encourage persons to try to workout first thing in the morning. You'd be surprised how [you] will feel. You'll be skipping to work and your day will be so much better.

Follow *National Health Insurance of the Virgin Islands* on YouTube to watch the full interview along with exercise demos. See direct link – <https://youtu.be/kBUH0NyC5t4>

For more information, contact Charles Forbes via telephone 340-9880.

The National Health Insurance of the Virgin Islands is working in tandem with healthcare providers to fulfill the vision '*Towards a Healthier Virgin Islands*'.

###

**NOTES TO EDITOR(S): Photograph is attached.**

Caption: Charles Forbes, Personal Trainer