**talkRADIO**

03/14/2017 11:51:13 AM

* [talkRADIO](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

1st update a very worrying story about how little exercise and sports this general physical activity are young people are doing now the idea is always been that is when they become teenagers that to boys and girls but tickly girls stop wanting to do exercise that's when they go off it but a new study in the british journal of sports medicine suggest it happens much much earlier around the age of 7 instead of physical activity out about kicking a bull doing ira handstand whatever it is city soon becomes the primary activity of children who are at school about the fact the evidence is they should at least an hour of exercise per day let's talk to sue atkins is a parenting expert is also author of toxic childhood syria this is the definition of a toxic childhood a kid that is not an about getting physical exercise in fresh air plane with other kids every day that's the definition of it for me what is going wrong how am i am afraid not we

ought cookbook their patch dies that is why i've apologised may need sorry again was sacchi was sacking producers arrived in think the important thing here is about children getting them acting ability to get to the head class speech the 25 years and actually it starts in the home of her neck it's not you well even going for a walk with a dog with a little and jumping in and kicking up career yeah i think i play like that can lead to dangerous play in gone with mash and let's not forget that the cia the cia man clock on a sunday morning in november going to the park into the playground at the sheer joy that is that at 3 my football at that kind of another one get up really early to be frozen in the standing on the sidelines are anyway but it is that the primark and what we do

think only becoming to pass its we' d walk to school anymore right to walk to school and get them to talk and lots of children are even from the habit when they're young me don't strip don't walk any wet food is really about a bit the blog today 5 simple tips to get active to keep the good is not about doing something a lot of extra a it's about the thing in your normal routine at the weekend go through don't walk with the kids to the park and ride bikes or effective you enjoyed do it again putting in that maybe people and you will go up and down the stairs and something to lift automatically think children that you're acting to do that my husband have we been relatively active him more than me over the years as added this health kick in the autumn one thing that was here we go everything we're walking where every possible iii run up the escalators never ever

stand on the escalators at the train station which i have to say i'm still months on the half hour gareth still better off due to a double escalate iraq but this is about that general activity this morning on the way to that the train to work a pastor month pushing a buggy the kid the its feet were trailing on the ground a kid must be for a bargain i've said to her you live in fear to think the kitchen that's what she said all we can what that far you know what kids can't walk far any more the war that would think something simple in net also get a profit before get active in the winter you anything you may take the places where they left off and they run out and join maybe football club or netball club a daughter did and you also doing it now and thinking about how we cut them on using the cops don't get lost so fox attack we get a lot technology if you know it's been difficult and playing in the garden and if

decide you think oh take a really it is that he had never more dangerous than ever what you got in mind forks and allowing kids to go on the run and jump and do stuff in the park with a friend as well you know it's about being sent books but certainly a bit worried that the trend is coming down to the age of 7 and now just 30 that tell you it's about the apparent rather than the teenagers rather harder to get 40 50 year old to do something that to get his 7 year old that tells me is all about the parents of fact they can't be bothered to go at it is very different from my dad i don't remember it being winter meant that the men that we would put off from being outside we always want to be inside the management she just did you cope 9 hatch and it may be an at you go aren't they yes thanks think actually we have changed the become very kind that you know that's right the day outside enjoying things i think it does become apparent and so my advice to everybody should just look around the packed

with her whole week would be thank you let's look at ways that this week we can make a small change over time to make a big difference to her market fell if it's safe walking to school that is something quite a lot of evidence that even if his short walk how much healthier it is much better they learn because they just had the blood pumped a little bit and got a bit of fresh air and if they sat in a car and i've always found also the conversation you had with a child walking school get information about what happened a week earlier they've been sitting on the official walking along a finely this finely mention it is that she really important part of the keep the communication lines open but the the more organised sport you mention netball that's a big thing in our house these days of was always rubbish or two spots but can absolutely see the benefit team sport in terms of of again it working together as a team making a commitment that the visit is a helping each other leading to win any to liaise with grace there so many

life skills that kids are now missing out on she absolutely and learning to enjoy something with something and play i'll get better at something of a kind the practice unload the things around for ages well i suppose there' ll be a child she interested in that trap get an interesting when they are young you think if the secrets and also with the that would go i'm trying to build up their self confidence and self esteem so height that when they do hit both teenagers they don't suddenly withdraw from activity and sale oh no don't do that in a very self conscious if it is important particularly that kind men could still play netball hockey or whatever your interest it looks difficult you're a celebrity mean your make-up yeah head don't look as good ladies that's quite a big issue for teenage girls but also think it will be similar reports about how many teens the so unhappy then lucia ball low self esteem only just depression raised i'd do wonder how much of this is a on

technology of the time they're looking at pictures of other people say relives the perfect looking perfect but they're not do is collect as see it the not getting all the endorphins you get from yes i would agree with that any form of ex maybe you just to walk walk the dog every day but not strolling along like a good old walk but that that's the thing i enjoy doing it also ran the fresh air hail rain not tonight because having a dog you still feel obliged to do that and that's the whole point really don't be silly about your hair whether it needs drying off with its final activity then that the student victim evening we are live it's starting to become a sure they could will power will only get you so far but enjoyment was taken for absolutely sumac is always a pleasure apologies ago the you that you're booked from parenting made easier you could just tell how easy tears when you said that and say see you back it's lovely to talk to you as always coming up we will talk to a london imam about a european court of justice ruling only this morning that said yes that employers are allowed to ban women from