



**STRIKEITHEALTHYFAMILY.COM PROVIDES
PARENTS WITH SENSE OF RELIEF**
Website is part of national award-winning program

GALLOWAY, NEW JERSEY – With childhood obesity rates in the United States rising at an alarming pace, a national health website is helping parents improve their children's health and productivity.

Strikeithealthyfamily.com provides parents comprehensive nutritional and exercise information designed to help individuals of every age achieve long-term health benefits. The website also features a free video segment entitled "Five Ways to Improve Your Child's Grades."

This effort to target children's health and nutritional habits is part of the award-winning Strike It Healthy System, which was launched last year by Dr. Therese Pasqualoni, Ph.D., JT-MS, CHES, ACSM-HFS, ACSM-CET, ACSM-PT, a national health and fitness expert who has dedicated over 12 years to researching and improving individual and family health.

"The nutritional and lifestyle habits that children develop at a young age not only impact their overall health, but they also have significant effects on their academic performance," Pasqualoni said. "The fact that today's children are living more sedentary lives makes it crucial for us to provide parents the scientific tools and information to help them reverse that trend and, by doing so, improve their child's energy levels, academic and physical performance and self-confidence. That is what the Strike It Healthy System is designed to accomplish."

Unlike many of the fad diets that gained popularity throughout the past decade, Strike It Healthy is based on scientific information and easy lifestyle techniques designed to yield long-term results.

The program was recently honored with two 2008 National Health Information Awards, which recognize the nation's best consumer health information programs and materials. Strike It Healthy received awards in the categories of Health Promotion/Disease and Injury Prevention Information as well as Consumer Decision-Making Information.

Pasqualoni's career has included serving as a health and fitness counselor in both the corporate world and in private practice. She has implemented healthcare management programs for corporate and healthcare entities, as well as in private counseling sessions.

"I have found that by empowering individuals to take responsibility for their health, even at an early age, the chances of them creating better health outcomes increase dramatically and reduce the stress parents may feel in cases of childhood obesity."

For more information on how the Strike It Healthy System can help your family, visit www.strikeithealthyfamily.com.