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Perpetual Motion

I hate to sound like a crotchety old man, but I'm not a fan of kids under two on planes; that's why I always wear earplugs when I fly. But recently I sat next to a mom with a daughter I would estimate to be 12 to 15 months old on her lap. She seemed like a normal healthy child who wasn't overweight or too lean. It was a short flight, but in the one hour on the plane, the little girl never stopped moving. If I didn't know better, I would have thought she had four arms and four legs because of how much she moved. Constantly. A perpetual-motion machine.

To keep her occupied, her mom gave her a pacifier, a cracker, a cookie, and her bottle during the flight. The binky ended up in several places—the seatback pocket, the floor, the aisle, and so on. What I noticed was that she took a bite of the cracker and the cookie and then was done with them. She took a couple of sips from her bottle and that was it.

As I said, this child seemed absolutely normal in body weight for her age. My guess as to why: she constantly moved, and she ate only what she felt she wanted. There are lessons there for us who aspire to be healthy and fit. Move more. Eat less. For life. I hope that little girl keeps it up to avoid the weighty issues so many of us face.

What are you prepared to do today?

Dr. Chet

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