

## **Get On The Road For A Healthier Lifestyle**

Michael Suk, M.D., says outdoor activities can help families reduce obesity and stress, a belief also firmly held RVIA. "RVing is a great way for families to travel and expose children to nature and the outdoors while they're young. This will start them on the path to a lifelong appreciation of the great outdoors." says Suk

"Take two days and call me in the morning." That's one doctor's advice for a healthier lifestyle. Michael Suk, M.D. has a simple, powerful message to reduce obesity and stress and have fun. Dr. Suk's recommendations stem from concerns about the growing epidemic of obesity in children and adults. The American Obesity Association reports that approximately 30.3% of children ages 6 to 11 are overweight and 15.3% are obese. Of further concern is that overweight children ages 10 to 14 with at least one overweight or obese parent were reported to have a 79% likelihood of being overweight as an adult.

Suk, director of the Orthopaedic Trauma Service at the University of Florida-Shands Jacksonville, says, "The outdoors is nature's medicine and stress reliever"

Two years ago, Suk a former White House Fellow, and then-Secretary of the Interior Gale Norton, co-authored a paper for the American Journal of Law and Medicine on the benefits of America's public lands as a gateway to better health. Suk believes that America's public lands offer many recreational opportunities to offset physical inactivity and a sedentary lifestyle. "Rather than just lay on a beach, get out, enjoy and participate in nature." he says. The health-related benefits of RV travel strongly reflect Dr. Suk's Message. In fact many RV owners are already on the road to a healthy lifestyle.

In RVIA's recent Campfire Canvass Survey of RV owners, almost 70% said they were more physically active on RV trips than on other vacations, and 92% agree it is important to get away and enjoy outdoor recreation in their RVs. "RV campgrounds are great places to try new activities like kayaking, canoeing and even swinging from a tree." Suk said