

# Putting some ZIP into Generation zzz



Hey kids! Imagine a new video game where you get to throw a frisbee to a far away friend in an imaginary park and then run to receive it back again.

**Y**ou get points for how fast you run, points for how far you throw and bonus points for the quality of nutrition you take in while playing. Sounds good, doesn't it?

But why sit on your bottom playing it onscreen when you can take your own frisbee and a real life friend out to the park and do it for real? Sure, the point scoring could be a bit dodgy, but the game itself will do you a lot more good – especially if you bring plenty of water and a healthy snack to keep your energy up.

How did we get to a point where our children prefer imitation action to the real thing? Video games may keep the brain occupied - and the fingers get a real workout too - but what about the rest? The human body is a finely tuned machine and it's built to be used. Deprive it of the exercise it needs and a fat future awaits.

The Fabulous Lemon Drops are tackling this important issue with their new show 'Get Moving'. It features songs from their forthcoming album that highlight the importance of exercise and diet.

As singer Dez Staunton explains, "Young bodies need physical activity.

It's absolutely vital if they're to develop properly. Obesity rates are rocketing all over the world, particularly among the so-called 'Generation Z'. That's why we've decided to take this issue on and get the word out to as many kids and parents as possible".

So if you want some fun and inspiration around the subject of health and fitness 'Get Moving' with the Fabulous Lemon Drops at Indooroopilly Senior Citizen's Club Hall, 60 Stamford Road, Indooroopilly on 29 September 2010 at 10 a.m. Your bodies will certainly thank you for it.

## **About the Fabulous Lemon Drops;**

The Fabulous Lemon Drops is a musical duo dedicated to entertaining young children while also educating them about the world they live in. Although the music is aimed at 0-8 year olds, the songs are melodic enough to appeal to older children and adults as well.

For more information about 'Get Moving' or to book an appearance by the Fabulous Lemon Drops in your area, please contact Dez or Vanessa on (07) 3202 6551 or visit their website on [www.fabulouslemondrops.com.au](http://www.fabulouslemondrops.com.au)