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# DADS, KIDS, AND FITNESS

A Father's Guide to Family Health

William Marsiglio

Challenging dads to become more health-conscious in how they live and raise their children.

**"Powerful and informative, *Dads, Kids, and Fitness* is a wellspring of insights into fathering, family dynamics, and health and fitness concerns. Readers will walk away finding slices of relevance to their own lives and relationships with their kids."**

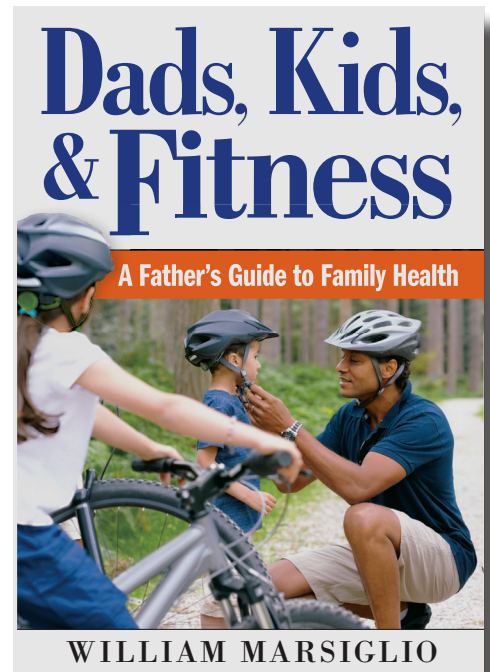
—Don Sabo, Professor Emeritus, D'Youville College

Now more than ever, American dads act as hands-on caregivers who are devoted to keeping themselves and their families healthy. Yet, men are also disproportionately likely to neglect their own health care, diets, and exercise routines—bad habits that they risk passing on to their children.

In *Dads, Kids, and Fitness*, William Marsiglio challenges dads to become more health-conscious in how they live and raise their children. His conclusions are drawn not only from his revealing interviews with a diverse sample of dads and pediatric healthcare professionals, but also from his own unique personal experiences—as a teenage father who, thirty-one years later, became a later-life dad to a second son. Marsiglio's research highlights the value of treating dads as central players in what he calls the social health matrix, which can serve both healthy children and those with special needs. He also outlines how schools, healthcare facilities, religious groups, and other organizations can help dads make a positive imprint on their families' health, fitness, and well-being.

Anchored in compelling life stories of joy, tragedy, and resilience, *Dads, Kids, and Fitness* extends and deepens public conversation about health at a pivotal historical moment. Its progressive message breathes new life into discussions about fathering, manhood, and health.

WILLIAM MARSIGLIO is a fellow in the National Council on Family Relations and a professor in the Department of Sociology and Criminology & Law at the University of Florida, Gainesville. He is the author or coauthor of nine books, including *Nurturing Dads: Social Initiatives for Contemporary Fatherhood* and *The Male Clock: A Futuristic Novel about a Fertility Crisis, Gender Politics, and Identity*.



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