



# Your Amazing Body

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## All Right Kids, Line up!!!

It seems like kids in school are always lining up for something. You line up for lunch. You line up to go outside for recess. You line up basically to go anywhere at all. When I was a kid there were only two ways we lined up, either in alphabetical order or by height, and the second was far more common.

I was the tallest girl in my class, and I was taller than most of the boys throughout elementary school, so as it were, I was always in the back of the line. Maybe you are like me or maybe you are the exact opposite. Maybe you are always in the front of the line. Either way, you should know that you are perfect just the way you are, although it might not feel like it right now. In fact, most kids wonder: "When will I get taller?" and "How tall am I going to be."

Here are a few things you should know: You mostly grow little by little except for a couple of 'spurts.' Your first spurt happens as a baby in your first year of life when you may grow 10 inches. After that, your next spurt is during puberty (when your body starts changing into what it will be as an adult.) This results in a growth spurt for girls between the age of 10 and 14, while boys can continue to grow until around age of 16 and some even a few years later.

How tall you are going to be is mostly determined by your genes. That means your parents set the maximum potential for your height and you will likely not be taller than that. One way to get a close estimate of your adult



Photo Courtesy of Ankevanekwyk

height is to double the height you were at two years (if you are a boy) or 18 months (if you are a girl.)

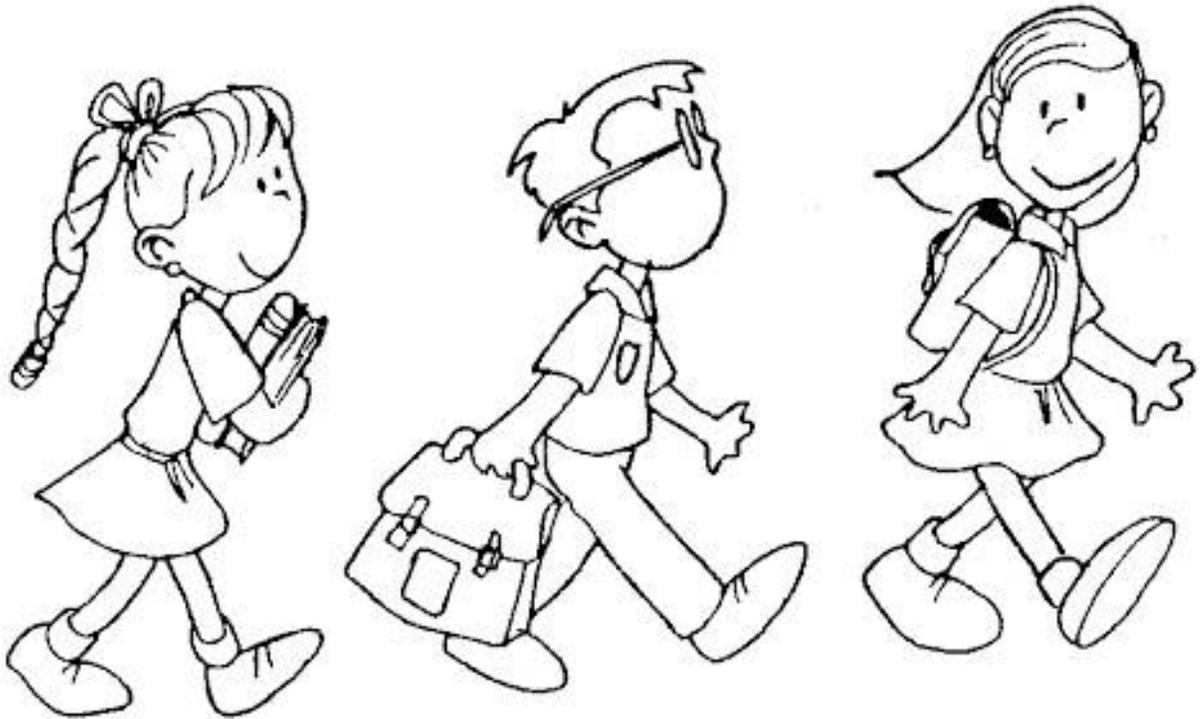
The bottom line, though, is there are lots of differences among people, some are tall and some are short and lots are somewhere in between. But all of them are perfectly OK.

For the most part, there's not a whole lot you can do about your height except wait and see. In the meantime, you should do everything you can to be your healthiest self, including eating right, getting the proper amount of sleep, exercising regularly, and of course seeing your chiropractor regularly. If you do all these things you will likely not only reach your maximum height potential but your maximum potential in every area of life.

Remember everyone grows differently and the beauty is there is no one just like YOU. You are amazing just the way you are. So celebrate and have a great school year, no matter where you stand in the lineup.

- Judy Nutz Campanale, DC, ACP, FCSC (hon)

## Kids Coloring Page



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**Dr. J. Robb Reinshagen, D.C.**  
Reinshagen Chiropractic & Family Wellness  
513.451.4500 ~ [www.reinshagenchiro.com](http://www.reinshagenchiro.com)