

May

Healthy
TIPS

Exercise

Kids and Exercise

When most adults think about exercise, they imagine working out in the gym, on a treadmill or lifting weights. But for children, exercise means playing and being physically active. Kids exercise when they have gym class at school, soccer Practice, or dance class. They are also exercising when they're at recess, riding bikes, or playing tag.

The Many Benefits of Exercise

- Everyone can benefit from regular exercise. A child who is active will:
- * Have stronger Muscles and Bones
 - * Be less likely to become overweight
 - * Decrease the risk of developing type 2 diabetes
 - * Have a leaner body, because exercise helps control body fat
 - * Possibly lower blood pressure and blood cholesterol levels
 - * Have a better outlook on life

The Three Elements Of Fitness

If you have ever watched children on a playground, you've seen the three elements of fitness in action. The child:

- * Runs away from the kid that is "It" (**Endurance**)
- * Crosses the monkey bars (**Strength**)
- * Bends down to tie his or her shoes (**Flexibility**)

Aerobic exercise

Aerobic exercise increases the need for oxygen (Aerobic means "With air"). When done regularly and for continuous periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all it's cells.

Aerobic Activities Include:

- * Basketball
- * Bicycling
- * Soccer
- * Tennis
- * Jogging
- * Ice-Skating
- * In-Line Skating
- * Swimming
- * Walking
- * Running

Still Shopping for a Sport?

Some kids haven't found the right sport. Maybe your child didn't have the hand-eye coordination for baseball, but he or she has the drive and the build to be a swimmer, runner or a cyclist. The idea of an individual sport also can be more appealing to some kids who like to go it alone.

What You Can Do:

Be open to your child's interests in other sports and activities. That can be tough if, for instance, you just loved basketball and wanted to continue the legacy. But exploring other options, you give your child a chance to get invested in something he or she truly enjoys.