



# Fitness Tips for Kids

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After school or on weekends:

- 1.) Be outside as much as possible.
- 2.) Play sports with your friends and neighbors.
- 3.) Stay away from video games and TV during the day.
- 4.) Ride your bike, roller blades and/or skate board as much as possible, and remember to always wear a helmet.
- 5.) Get involved with school intramural programs, the park district and YMCA sports teams/programs year round.
- 6.) Pick 2-3 sports that you like and practice them all season long.
- 7.) Eat your fruits and vegetables; they will give you great energy and keep you healthy.
- 8.) Drink lots of milk and water; stay away from pop/soda
- 9.) In the summer time, go swimming, play backyard sports, fly a kite, shoot baskets, pickle ball, play tennis, golf, 4-square, go to the local park and play on the playground.
- 10.) In the winter time, go downhill skiing, cross-country skiing, build a snow fort/snow man, go sledding, go to the park district and play basketball or swim, get involved in martial arts, get a membership with your parents at the local fitness facility.
- 11.) Remember to always stay active!



## Fitness Tips for Parents

- 1.) Play/practice sports after school and on the weekends with your kids; get them out of the house.
- 2.) Children at the Elementary age should get 1+ hours of physical activity every single day. 20 minutes of this takes place during daily physical education, 15 during lunch recess, therefore, your child should participate in an additional 30+ minutes a day outside of their school environment!
- 3.) Get your children and family involved in after school/weekend/summer athletic/fitness programs through your local YMCA, park district, Lifetime Fitness and school intramural programs.
- 4.) Limit TV and video game play after school and on weekends. **GET THEM OUTSIDE!**
- 5.) Keep TV's and computers out of your child's bedrooms. These promote laziness and make a great substitute for recreation (should be outside). This will also help regulate the negative material that your child can obtain via TV programs, video games and internet.
- 6.) Stay away from the electric and motorized scooters and/or bikes. Those promote laziness and do nothing to burn calories and increase cardiovascular endurance.
- 7.) Promote/encourage hobbies within athletics, fitness, acting, band, etc. Have the kids working/practicing towards something in life. This will troubleshoot laziness and sitting around after school and on the weekends.
- 8.) Go on family walks/hikes around the neighborhood with your children
- 9.) Keep healthy foods in the house. Promote fruit, vegetables, milk, water etc., and stay away from pop/soda, chips, candy, etc.
- 10.) When shopping or going to the store, use a parking spot far away from your destination in order to burn calories by walking (also saves your car from dents).
- 10.) Lastly, become an example to your kids of how to be physically fit, and how to live a healthy/active lifestyle.

