



HOW TO STAY FIT AND ACTIVE AT HOME



LET'S TAKE A BREAK

Let's go for a walk

Let's exercise

LET'S JUMP ROPE

A GREAT WAY TO GET KIDS EXCITED ABOUT EXERCISE IS TO DO IT WITH THEM! CHECK THESE WORKOUT VIDEOS

<https://www.youtube.com/watch?v=VMj2ZgQgsNA> (K-2)

<https://www.youtube.com/watch?v=dhCM0C6GnrY> (K-6)

<https://www.youtube.com/watch?v=X655B4ISakg> (Kids Yoga)

LET'S STRETCH

Let's play backyard cricket

Let's Kick a ball

Let's have fun!

WHY IS EXERCISE SO IMPORTANT?

1. Kids who exercise are more likely to keep exercising as an adult.
2. Exercise helps kids achieve and maintain a healthy body weight.
3. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.
4. Exercise aids in the development of important interpersonal skills—this is especially true for participation in team sports.
5. Exercise improves the quantity and quality of sleep.
6. Research shows exercise promotes improved school attendance and enhances academic performance.
7. Kids who exercise have greater self-esteem and better self-images.
8. Participating in regular physical activity prevents or delays the development of many chronic diseases (e.g., heart disease, diabetes, obesity, hypertension) and promotes health.
9. Children who are active report fewer symptoms of anxiety and depression and a better overall mood.
10. Exercise helps improve motor coordination and enhances the development of various motor performance skills.

