

# Physical Fitness Matters

It's easy in this culture of electronic gadgets and gizmos and high definition TV to be entertained and sit all day. Buck that trend and encourage your children to get up and move.



Kids may find structured exercises as much a chore as adults sometimes do. Any type of physical activity that keeps them moving for at least half an hour will help them sleep better, build stronger muscles and bones, and help prevent obesity.

Give them fun ways to stay fit:

- Allow your children to play outside often. Oversee a backyard relay race. Challenge them to a game of basketball. Encourage them to ride their bikes.
- On rainy days, allow them to dance to upbeat music until they tire. Put on a kid-friendly exercise video. Play active games such as Twister.
- Give your older children the responsibility of walking the dog a few times a week.
- Sign up your children for one or more team sports.
- For family fun, consider ice skating or roller skating, or participating in a charitable walk or run together.

For every hour your children spend playing a video game or completing some other sedentary task, encourage that same amount of physical activity. Teaching children the value of exercise is a gift that will last a lifetime.

