



Fitness: Teens 6 – 12 Years Old

School-age kids should have the opportunity to participate in a variety of activities, sports, and games that match their interests, ability levels, age, and personalities. Take the time to talk and discuss these options, you will find that most kids are agreeable to physical activity as long as it is fun.

Physical Activity Guidelines: Daily Recommendations

- 1 hour or more of moderate and vigorous on all or most days
- Participate in several 15 minute activities each day
- Avoid 2 hours or more periods of inactivity unless sleeping

Fitness at Home: Ways to keep you kids moving at home

- Physical activity as daily routine: chores, after dinner walk
- Allow time for free play: playing tag, riding bikes, or outdoor play
- Games and sports equipment: balls, jump ropes, hula hoops
- Active as family: it will get parents and kids moving, models healthy behavior
- Limit sedentary activities: watching tv, on-line, video games, and game apps
- Take advantage of local parks, playgrounds, athletic fields

Fitness for Kids

- Physical activities teaches kids about sportsmanship, setting goals, meeting challenges, teamwork, and values of practice
- Keep in mind the child's age and stage of development:
 - 6-8 year olds sharpening skills jumping, throwing, kicking, and catching and non-competitive sports are best
 - 9-12 year olds refining, improving, and coordinating skills
- Remember it is ok if child is not interested in traditional sports but encourage other options

Preventing Problems

- Kids who participate in sports can be at risk for injuries so it is important to use proper protective equipment
- Kids who enjoy sport and exercise tend to stay active throughout lives
- Staying fit improves self-esteem, prevent obesity, and decrease risk of high blood pressure, diabetes, and heart disease.