

Chapter 1 : Fitbit for Kids: Best Kids' Fitness Tracker of - UNICEF Kid Power

Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag. The Many Benefits of Exercise Everyone can benefit from regular exercise.

Or is your kid stuck in a rut -- perhaps even a school system -- that leaves little time for physical activity? We often hear about exercise as a remedy for poor health and child obesity. But exercise for children is important for other reasons too. It appears to stimulate brain growth and boost cognitive performance. It helps kids focus. It may make it easier for kids to learn and achieve. But how do we know all this? Lessons from mice At the Salk Institute, Henriette van Praag and her colleagues compared sedentary mice with mice that ran an average of 3 miles each night on a running wheel van Praag et al Compared with the couch potatoes, the aerobically-challenged mice showed dramatic brain growth. Specifically, the hippocampus--a brain region associated with learning and memory--was twice as large. In addition, the brain cells of the aerobic mouse could sustain longer bouts of "long-term potentiation," the increased efficiency of communication between neurons that occurs after neurons fire. Better learning, too Did these changes translate into better learning? Mice who exercised performed better on a spatial learning task finding their way through a water maze. Why does it work? Exercise is known to improve mood. Might that explain these results? Perhaps animals learn better when they feel better. The explanation sounds plausible and may account for some of the effect. But it seems pretty clear there is more going on. Since the late s, research has revealed that aerobic exercise boosts levels of brain-derived neurotrophic factor BDNF , a substance essential for the growth of brain cells stimulates neurogenesis--the birth of new neurons mobilizes the expression of genes that are believed to enhance brain plasticity--i. What about exercise for children? Much of what we know about the cognitive effects of exercise comes from brain research on rodents, not humans. But some studies have been conducted on kids, and the results suggest that aerobic exercise can make children more focused and less impulsive. When kids have been challenged with cognitive tasks that require lots of concentration and attentional control, individuals with higher aerobic fitness have performed with more accuracy, and sometimes faster reaction times, too Moore et al ; Wu et al ; Voss et al ; Hillman et al ; Hillman et al b; Raine et al For example, school children were asked to view some images of animals and make quick judgments about them "Is it a cat or a dog? Other brain research suggests that fit kids are better at filtering out task-irrelevant information Kamijo et al Studies also indicate that fit children tend to have greater brain volume in the hippocampus, a brain region associated with memory Chaddock-Heyman et al , and these kids show signs of enhanced long-term retention. In one study, kids memorized new places on a map equally well, regardless of their fitness levels. But when they were tested on their retention the following day, the higher fitness children performed better Raine et al But these studies report correlations only. What if more focused, quick-thinking kids are more likely to seek out physical activity? That could explain the results. We need randomized, controlled experiments Janssen et al And in recent years, there have been several. What experiments reveal about the cognitive benefits of exercise for children Exercise and attention Does a quick bout of exercise make kids more attentive? In one recent experiment, kids who ordinarily performed poorly on attention tasks improved their accuracy when tested shortly after "moderate acute exercise" -- 20 minutes of walking on a treadmill Drollette et al Another experiment randomly assigned 56 school kids to one of three morning school sessions: And what about ADHD? When researchers tested the effects of short-term exercise on kids diagnosed with ADHD, they found that aerobic activity gave these kids a special boost, altering their brain activity in ways that might enhance self-discipline Pontifex et al These studies address immediate, short-term responses to exercise, and lend support the idea that school recess periods -- breaks for play and physical activity -- can enhance attention in the classroom. But there are also studies that address long-term benefits of exercise for children. For instance, what happens if you enroll previously sedentary kids in a program of daily physical exercise? Another experiment replicated these results, and found that 13 weeks of aerobic exercise was also linked with improved math skills and increased activity in the bilateral prefrontal cortex, a brain region associated with executive function Davis et al Similarly, when Keita Kamijo and colleagues randomly assigned 20 youngsters

aged years to an after-school exercise program, kids who got 70 minutes of moderate to vigorous physical activity each day showed improvements solving tasks that taxed executive control and working memory (Kamijo et al.). Kids in a control group did not. And a recent randomized study of more than school children found that kids assigned to engage in 60 minutes of daily, after-school aerobic activities performed better on tests of focus and cognitive flexibility--the ability to switch between tasks while maintaining speed and accuracy (Hillman et al.). But does that translate into better academic performance? There is reason to think so. Physical exercise and academic achievement: Studies suggest that physical exercise yields short- and long-term benefits on achievement in the classroom. Another study found that kids who exercised minutes prior to a math test outperformed kids in sedentary control group (Howie et al.). As noted above, one randomized study found that kids showed improved mathematics skills after a week exercise program (Davis et al.), and other research indicates similar benefits. In an experiment performed by Daniel Arday and colleagues on 67 adolescents, some kids were assigned to get 4 sessions each week of high intensity PE. After four months, these kids performed better than other kids on tests of cognitive ability and earned higher grades at school (Arday et al.). Adolescents assigned to less intense PE workouts showed no cognitive improvements over kids in the control group (Arday et al.). More recently, kids who were assigned a daily schedule with more physical activity breaks outperformed their control-group peers in mathematics and reading (Tompsonski). In some studies of aerobic exercise, the reported effects have been small or non-existent. We need to learn more about the details -- including how the effects vary by intensity, frequency, and type of exercise being performed. When schools have allocated more time for physical activity, they tend to see cognitive improvements. The worst case scenario is that kids become more fit and healthy, while their academic achievement levels remain the same (Keely and Fox). So school policies aimed cutting recess or PE -- in order to make more time for academics -- are misguided. Exercise should be fun.

Chapter 2 : Fitness Blender Kids Workout - 25 Minute Fun Workout for Kids at Home | Fitness Blender

Many parents and kids think of organized sports when they think of fitness. Though there are many advantages to signing a child up for the softball team, practice and games once or twice a week will not be enough to reach activity goals.

Jan 1, at 1: ET Share Tweet Pin One of the best ways to get kids to exercise is by finding ways to get them active without making it feel like actual exercise. From fun games to trampoline tricks and even yoga, here are 10 steps you can take to get your kids to play hard and thus get exercise without even knowing it! Pin Even though these are exercises in the sense that they increase muscle strength, burn calories and get your heart pumping, sports and exercise mental-skills coach Carrie Cheadle, M. Create a superhero-in-training Pin "When I work with kids, I use total-body exercises and get them energized by relating the exercise to something that excites them," says personal trainer Paul Dziewisz. Now, Connor happily does a Superman, a Wolverine and a Batman exercise. Hula-hooping is fun and easy if you have a hoop the right size," says Metcalf, who recommends getting a smaller-sized hula-hoop for the kids and one that weighs about one pound for yourself so you can sneak in some extra exercise, too. You have to go through all the playground equipment swing on swings, slide down slides, climb all the bars and hand-walk the monkey bars , and whoever gets through first wins. Check out Live Well Network for more tips on making your playground time count for your sweat session, too! Jump on the trampoline Pin Did you know that just 10 minutes of jumping on a trampoline can equal the health benefits of running for half an hour! Make sure your trampoline has a safety net, and then try out these fun moves: Jump up and pull your legs straight in front you, parallel to the mat. As you jump up, pull your knees up to your chest and try to touch your feet. This move helps tone your lower-body muscles. As you jump up, quickly extend your legs and arms horizontally into a starfish position. Pull your legs and arms back in to return to the mat in the basic jump position. Try yoga for kids Pin Image credit: Kristin Bustamante Yoga is not only great for adults but for kids as well. It strengthens their muscles, improves core strength and increases balance, agility and coordination. After a few rounds, we hold the pose with the tongue out, looking up in between the eyebrows," she explains. Jump to it Pin FamilyFun magazine , which publishes a "Get Active" feature in every issue, suggests building a hurdle set to get your kids jumping. Jumping over and crawling through the hurdles will help your kids improve their agility, and they can use them as goals for backyard ballgames," says the magazine. Let the good times roll Pin In addition to hurdle jumping, FamilyFun advises using an exercise ball for some fun, kid-friendly activities. A big, bouncy exercise ball makes even the work of getting fit seem fun. The balls naturally lend themselves to playful movement while improving balance, strength and stability. Take a cue from No Time for Flash Cards and create an active game that can be done indoors or out. Simply write some fun activities such as crab crawling or karate kicks on note cards one activity per card and then flip them over with your kids and demonstrate the action written on each card. The Wii Fit and many others now have workout-themed games. Encourage your kids to get physical by skiing, dancing, balancing and more. Play with balloons Pin Kids love balloons, and there are so many active games they can play with them. Extra cheers to the kids who can bend and stretch in creative ways to keep that balloon afloat. We suggest filling up a few extra for water balloon "tag" afterward! More ways to raise a healthy family.

Chapter 3 : Exercise for children: Why physical fitness benefits the brain

There's no scarcity of activities that you can make available to your child, and all kids can find some form of exercise that they enjoy. If you can get your child interested in an activity like this when he's young, exercise and fitness are more likely to become a habit that lasts for many decades.

Once children begin to regularly incorporate fitness into their experience, they are more likely to modify other health factors to complement their healthy lifestyles. But you may not be sure how to incorporate knowledge and fun physical activities into a class setting. This article will give teaching strategies, class format tips, inclusive fitness games and management routines that will help you conduct successful classes for kids ages three to seven. An ideal class for this age group consists of 35 to 45 minutes of start-and-stop activities. Try dividing the total class time into four sections: Tag games and other simple activities with few rules make great warm-ups. You can tie wellness concepts into your lesson through short discussions on health behaviors and habits. During the fitness development activities, you may want to address a variety of fitness components e. In addition, try playing games that integrate fitness concepts from your health issues discussion. Finalize your lesson with stretching and a quick review session. Where should you incorporate these different components? Flexibility is appropriate during warm-up or cool-down. To incorporate these components successfully, you need to use them in fun ways. Having kids run a mile or perform push-ups and sit-ups may be good for their bodies, but could turn the children off exercise. Try these camouflaged-exercise games. Unless noted otherwise, they are geared for kids ages 3 to 7. This makes a great cardiorespiratory endurance warm-up or fitness development game. Everyone else is a monster. The children may slide the beanbags across the floor or gently throw them. After dancing, the mashed monster collects the beanbag and reenters the activity as a monster masher. Cigarette Chain Tag for ages 5 to 7. You can use this game in your warm-up or fitness development section; it improves cardiorespiratory endurance and is a fun way to reinforce the concept that smoking is harmful to cardiovascular endurance and general health. Thus the cigarette chain grows longer and longer, making it harder and harder to move quickly. The message is, therefore, that smoking slows you down. Use this cardiorespiratory endurance activity during your warm-up or fitness development section. Give each child a strip of plastic or cloth try cutting trash bags into strips to put in her waistband to represent a tail. If all her tails get pulled, she must stop in place and try to grab a tail from others as they pass by. She must grab a tail before reentering the game. Use this fun cardiovascular and muscular endurance activity in the warm-up or fitness development section. Children begin by lying on their stomachs. This game can also be used in the cool-down section if you ask the children to move slowly when flying and spend the majority of time on push-ups and sit-ups. Hand Hockey for ages 5 to 7. Use this upper-body strengthening activity during the fitness development and cool-down sections. They are spaced one to two feet apart. Use this game in the warm-up, fitness development or cool-down section. Have children form lines. A designated leader the star stands at the front of each line, wearing a paper star round her neck. She performs a movement, exercise or stretch to music. The other children in her line copy her movement. On your signal every 16 to 32 beats , the paper star is given to the next child in line. Play until everyone has been the star. This is a perfect cool-down activity, but it can be used in other sections as well. The children put magic carpets newspaper against their chests, drop their hands and run around the room trying to keep the paper from falling on the floor. They are not allowed to hold the paper against their chests; as they run, it will be blown against them. When the song is over, the children can sit on their magic carpets to stretch. Try this activity in the warm-up and fitness development sections. Divide children into two groups. Group one is made up of builders and group two of bulldozers. Place small cones, in a scattered formation, in the exercise area. Knock some of the cones over and leave the others standing. On your signal, the builders stand the cones up and the bulldozers knock them over. After about 30 seconds the groups switch roles. Maximizing Participation Many traditional games place children in lines, with one piece of equipment per line. Children need and want to move. If a game does not actively involve them, they will create their own distraction. This can be disastrous! The key is to design your class for maximum participation. Here are some simple strategies: Ensure that all games and activities

encourage percent participation with everyone moving at the same time. If a task is too difficult, the children will become frustrated. If it is too easy, they will become bored. For example, if a task involves muscular strength and endurance, offer a choice of push-ups from the knees, from the toes or on an exercise ball. For instance, challenge all children to walk for 10 minutes or do as many crunches as they can in 30 seconds. This approach allows all children to be successful at their own rates and yet start and finish at the same time.

Explain and Demonstrate All Games and Activities. Most of us are visual learners. Give a quick demonstration of each activity, circuit station or movement so the kids can see it in action. Ask the kids themselves to help demonstrate the game. This will help them kinesthetically understand it and make them feel special.

Quickly Get the Children Into an Activity. Plan a game or activity that gets the kids moving as soon as they enter the exercise area.

Keep the Groups Small in Number. For example, organize three groups of five children instead of one group of 15 children.

Have a Piece of Equipment for Each Child. Provide equipment of various colors, shapes and sizes. If you need to place children in lines, have them jog in place or perform squats or half jacks to keep them involved until their turns come around. If you establish management routines on the first day of your program, you will introduce order into the class by operating it the way you want it to run.

Graham These routines predetermine ways you expect children to act in your class.

Entering and Leaving the Exercise Area. The kids are expected to begin the activity immediately. All classes end with stretching and a short review of the theme for that day.

e. Ending the class with stretching teaches the children that stretching should always follow activity. Reviewing the theme helps reinforce the health information and gives children an opportunity to verbalize their understanding of the concept.

Starting and Stopping at a Signal From the Instructor. Otherwise, the kids will not hear all the instructions and will not know how to play the game. Children love to help. Selecting and retrieving equipment not only gives them this opportunity but also teaches them responsibility. Here are a few suggestions for getting out equipment. Call on three to five children at a time to pick up their equipment. You may want to do this by calling out clothes or shoe colors, hair or eye colors, or birth months. Place the equipment in small piles in four or five places in the room to prevent all the kids from stampeding the same pile of equipment. Retrieving equipment can be done in a similar way. Select two children to gather all equipment or call on three to five kids at a time to put away specific pieces of equipment. Children come to your class with different fitness and skill levels. Some kids will tire more quickly than others and need to slow down and rest, then reenter the activity. Discuss this possibility with the kids so they are not humiliated or embarrassed when it happens. Talk about ways they might rest and recover before reentering the activity. I give children the option of moving to the wall and leaning against it for a few seconds.

Deciding When to Have Water Breaks.

Chapter 4 : Kids on the Move

With childhood obesity increasing at staggering rates, parents and caregivers must play an active role in protecting children's health. Eating healthy foods is a key factor in maintaining their.

Doctors say that participating in different activities develops motor skills and muscles and reduces the risk of developing overuse injuries. Here are some guidelines to help you choose age-appropriate fitness activities for your kids. Age 5 and younger Preschoolers can play team sports like soccer, basketball, or Tâ€™ball as long as your expectations are realistic. Any sport at this age should be about play, not competition. Preschoolers tend to love water. These usually teach blowing bubbles and underwater exploration before starting formal swimming lessons. Children are ready to learn breath control, floating, and basic strokes at about age four or five. They can also do gymnastics routines and confidently pedal and steer a two-wheeled bike. Now is the time to expose children to diverse athletic and fitness-related activities. Different sports stress growth plates differently, and the variety helps ensure healthy overall development. Overuse injuries such as stress fractures and heel pain in soccer players are increasingly common and happen when kids play the same sport season after season. Ages 9 to 11 Hand-eye coordination really kicks in at this point. Children are usually able to hit and accurately throw a baseball and make solid contact with a golf or tennis ball. If children are interested in participating in events such as short triathlons or distance running races, these are safe as long as children have trained for the event and maintain healthy hydration. Ages 12 to 14 Kids may lose interest in the structured environment of organized sports as they reach adolescence. They may wish to focus instead on strength- or muscle-building exercises. But unless your child has entered puberty, discourage lifting heavy weights. Encourage healthier options, such as stretchy tubes and bands, as well as body-weight exercises like squats and push-ups. These develop strength without putting bones and joints in danger. Prepubescent kids should never attempt a one-rep max the maximum weight a person can lift in one try in the weight room. Children are at the biggest risk of injury during periods of growth spurts, such as those experienced during the early teenage years. A child who lifts too much weight or uses incorrect form when throwing or running can sustain significant injuries. Age 15 and older Once your teen has gone through puberty and is ready to lift weights, urge them to take a weight-training class or a few sessions with an expert. Poor form can harm muscles and cause fractures. Remember that proper training is just as important for teens as it is for their parents. Just keep an eye on nutrition and hydration and learn to recognize the signs of heat-related illness. Building a healthy foundation is important for raising children to be healthy adults. Children are naturally active, and encouraging this with fitness guidance will create lasting habits.

Chapter 5 : Home - Fly Movement

Like adults, kids need exercise. Most children need at least an hour of physical activity every day. Regular exercise has many benefits for children. It can help them. Feel less stressed.

Content provided on this site is for entertainment or informational purposes only and should not be construed as medical or health, safety, legal or financial advice. Click here for additional information. We did have color televisions and cable, but my parents would only let us watch for a limited time. The same went for the music on our fancy Sony Walkmans. Today, I am so thankful my parents enforced a media-limitation rule. Anyway, we ended up playing inside a lot of the time, but mostly we went outside to run around, make up games, ride bikes, go to the park, or go swimming in the summer. When screen time is over, I encourage them to do as much as they can outside. What am I thinking? Exercise time for adults is usually when we decompress before the day begins or after the day ends. When they understand that Mommy wants to take care of her body and try to keep it healthy and in shape, it motivates them to be healthy too. So sometimes we work out together and I actually enjoy it. When we exercise together, everybody works out at their own pace. Anyway, here are some of the things we do at home.

Planking Put your elbows on the floor, raise up on the tips of your toes, and keep your back straight and your abs tight in a line. Put your arms out.

Push-ups Keep your abs tight and your back straight; you can do this with a straight or bent knee.

Crunches Sit-ups, but not all the way from floor to knee. Just curl your chest toward your knees.

Lunges Take a step.

Side leg raises Just like Jane Fonda used to do! Keep your legs straight.

Burpees These are pretty tough for me, and a whole sequence of them will really get your heart racing. Squat, then put your hands to the ground. Kick your legs straight back behind you, landing on your toes. Then do a push-up, bring your legs back underneath you, and jump straight up off the floor.

Mountain Climbers Start in a push-up position, then alternate bringing one foot at a time forward toward your armpit and then extend it back out. It almost looks like a stationary bear crawl.

Butterfly Kicks Lie on your back. Keeping your abs tight, raise your feet just barely off the floor and flutter-kick them. This one makes my girls giggle, which then makes their abs loosey-goosey, which makes it hard for them to do the exercise. Lie back, extend your arms out above your head on the floor, then lift your legs and raise your torso and hands until you make a V. Reach toward your feet, then back down again. Maybe high knees, or booty kicks, pretend jump roping, or jumping jacks. Then we just mix it up. Or sometimes we do all of them for a minute each, at our own pace. With a circuit-style workout, they can also look forward to a change to the next exercise. Nobody gets bored doing the same thing for a long period of time. And, of course, we always have some music blasting. Music always makes exercise more fun. Article Posted 4 years Ago Share this article.

Chapter 6 : Exercise for Children: MedlinePlus

Find and register your kids for local fitness activities including tumbling lessons, cross training camps, general exercise classes and much more. Help your.

Instead, kids can do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. They also improve their strength when they climb, do a handstand, or wrestle. Stretching exercises help improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion. The Sedentary Problem Kids and teens are sitting around a lot more than they used to. They spend hours every day in front of a screen TVs, smartphones, tablets, and other devices looking at a variety of media TV shows, videos, movies, games. Too much screen time and not enough physical activity add to the problem of childhood obesity. One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or other screens. Put limits on the time spent using media, which includes TV, social media, and video games. Media should not take the place of getting enough sleep and being active. Limit screen time to 1 hour a day or less for children 2 to 5 years old. Discourage any screen time, except video-chatting, for kids younger than 18 months. Turn off screens during mealtimes. How Much Exercise Is Enough? Parents should make sure that their kids get enough exercise. So, how much is enough? Kids and teens should get 60 minutes or more of moderate to vigorous physical activity daily. Toddlers and preschool children should play actively several times a day. Toddlers should get at least 60 minutes active play every day and preschoolers should have at least minutes active play every day. This time should include planned, adult-led physical activity and unstructured active free play. And school-age children should not be inactive for periods longer than 2 hours. Raising Fit Kids Combining regular physical activity with a healthy diet is the key to a healthy lifestyle. Here are some tips for raising fit kids: Help your kids do in a variety of age-appropriate activities. Set a regular schedule for physical activity. Make being active a part of daily life, like taking the stairs instead of the elevator. Be active together as a family. Keep it fun, so your kids will come back for more.

Chapter 7 : Fitness and Your 6- to Year-Old

As kids' fitness instructors, our challenge is to help children develop active, positive lifestyles. Integrating knowledge and activity will help convince children that exercise is important to their well-being and increase the chance that physical activity will become a permanent part of their daily lives.

Eating healthy foods is a key factor in maintaining their overall well-being. But, this has to be balanced with regular physical activity. Children who are physically active on a regular basis will reap enormous benefits. Studies have shown that they: Find out which ones your child likes and encourage those. Limit TV and computer time. When they are watching or clicking, make sure they take breaks and move around. Get fit as a family. Create some funny dance moves. Put up a net and shoot hoops. You could also visit a zoo, play miniature golf or enjoy other activities where a lot of ground is covered on foot. Sing a silly song with your child as you both wipe tables and counters. See how long both of you can hold a funny face while folding and putting away clothes. Older kids can help wash the car. On a hot day, this can turn into water play. Go to the playground. But, when the weather is nice, enjoy a local park or playground instead. Fresh air always does a body good; especially a little one. Be a model of fitness. Whether you follow a structured fitness program or are lucky to get in some morning stretches, let them see you moving. It will likely inspire them to do the same. Encourage walking or biking whenever feasible. This is easy to accomplish if you live near stores, libraries or other places you visit regularly. If you live in a remote area, establish a safe route to tour on bike or on foot with your child. Do you know how much physical activity your child gets at school? The American Heart Association recommends: All children age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity physical activities every day. These activities should be developmentally appropriate and varied. If your child does not have a full minute activity break each day, try to provide at least two minute periods or three minute periods in which they can engage in vigorous activities appropriate for their age, gender and stage of physical and emotional development.

Chapter 8 : Physical Activity Guidelines - blog.quintoapp.com

Now is the time to expose children to diverse athletic and fitness-related activities. Different sports stress growth plates differently, and the variety helps ensure healthy overall development.

Fitness trackers are more necessary than ever before, especially in regard to kids. In the year , kids are surrounded by screens of all types: And although there is a great benefit to all of this, including great fitness apps for kids , there seems value in limiting screen time while making the best of the technology available to us. Are kids being overloaded with information via technology? The solution is pretty simple: Oh, and make sure your kid has a Fitbit style fitness tracker! Because in the year , there is much technology to choose from. Instead of another iPad game or movie on a big screen TV, why not get your kid out of the house, and have some fun with a cool, sleek kids fitness tracker. Below is our list of our favorite Fitbit for kids style fitness bands: Without further ado, here is a list of the best kids fitness trackers of starting off, of course, with yours truly: The way it works is through missions. After buying the band and downloading the app, your kid will then complete missions: For each step your kid takes, he or she will earn kid power points. These points will then unlock lifesaving therapeutic food packets for severely malnourished kids around the world. Talk about a win-win: It tracks all sorts of movement and converts it into points that connect to Awards inside the free kidSAFE-certified App. Sqord also has an app which lets you create your own character to play games with, and the more points you earn, the more fun and crazy things you can do with your character. This kids Fitbit-style fitness tracker is more of a play tracker, and could be good for younger kids. Activity Tracker for Kids Remember Garmin? The former in-car GPS creators have pivoted to a wide array of tech products, one of which is a fitness tracker of sorts. This particular Fitbit for kids style product will track your steps, sleep, and additional physical activity. There is also an app which lets parents control the settings, which is a bit more interesting than you would think: As from their site: So, if you want your kid to be a bit more motivated with his fitness and workout schedule, then this app is for you. The motivational aspect is explained as follows from the X-Doria team: It motivates through consistent encouragement and fun, challenging goals. This particular kids bracelet is splash proof and is one size fits all! In addition to the basic fitness tracker specs such as time display and foot count, it also has a heart rate monitor, pedometer, and calorie burning counting. This tracker also offers email and phone connectivity to inform you if you receive an SMS or phone call. I suppose this app could be billed as a family fitness tracker app as opposed to just kids. As of March , this question has finally been answered: Fitbit announced the release of their brand new Fitbit Ace wristband for kids. The two available colors are Power Purple and Electric Blue. The Fitbit Ace has 3 primary functions that your kids can take advantage of: Night and day activity tracker. The Fitbit Ace will track every step, all active minutes, as well as sleep mode in which the wristband is not in active use. Kid users will receive badge alerts and celebratory messages when they hit certain milestones and other statistics. In case your kid forgets to be active for a while, the Fitbit Ace will send them a reminder message to get them moving! Wireless Activity Tracker What Fitbit is best for kids? Officially, the Fitbit for kids model does not exist. Fitbit explains on their website that they do not have any formal fitness trackers for kids available for sale. And, more importantly, their Fitbit app will not work with any kids under age The Fitbit Zip makes sense for kids and teens because it is rugged and can withstand a lot of physical impact that many sports playing kids and teens will do. Also, this model utilizes social communication between friends and family for some healthy competition, and in the age of social media, kids and teens will definitely enjoy this Fitbit for kids style activity fitness tracker. The announcement of the Fitbit Ace confirms that. Motivation for Your Kid One of the major issues for parents is motivating their kids. That is why it is important to utilize technology to get kids going, and to show them the benefits. Having your kid wear a Fitbit or Kid Power Band is one way to gamify the fitness experience, thereby making it interesting for kids. A fitness bracelet will likely increase the motivation for your kid to get more active. Next Level Kid Fitness Tracking Whether you are deciding what Fitbit your kid should wear, or what fitness tracker app is best and most fun for your kid to use, it is important and helpful to embrace this newfound technology. The notion of fitness tracking for kids is a new one, but one that is slowly being

embraced by parents, teens, and even kids these days. Do you have any thoughts on the state of Fitbit for kids style fitness bracelets? Shoot us a message on our Facebook page! Please share what you can with them! What a difference they could make!

Chapter 9 : Kids and Exercise

Various exercises to strengthen the heart, hands, feet. What daily activities make muscles stronger? Recommended for all grades. Kids Educ SUBSCRIBE TO US ht.

School-age kids should have many chances to participate in a variety of activities, sports, and games that fit for their personality, ability, age, and interests. Brainstorm with your kids on activities that feel right. Physical activity guidelines for school-age kids recommend that each day they: Though there are many advantages to signing a child up for the softball team, practice and games once or twice a week will not be enough to reach activity goals. Also, parents can no longer rely on physical education in schools to provide enough physical activity for kids. Here are some ways to keep your kids moving at home: From household chores to an after-dinner walk, keep your family active every day. Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag, riding bikes around the neighborhood, and building snowmen are fun and healthy. Keep a variety of games and sports equipment on hand. Limit time spent in sedentary activities, such as watching TV, being online, and playing video games and games apps. Make family fitness outings part of your regular routine. Let family members choose an activity – go hiking, ice skating, or try out the rock-climbing gym. Anything goes, as long as everyone can participate. Fitness for Kids Through physical activities, kids learn about sportsmanship , setting goals, meeting challenges, teamwork, and the value of practice. Kids 6 to 8 years old are sharpening basic physical skills like jumping, throwing, kicking, and catching. Some enjoy doing this in organized sports teams, but non-competitive leagues are best for younger kids. Kids 9 to 12 years old are refining, improving, and coordinating skills. Some become even more committed to a sport while others drop out as competition heats up and level of play improves. Preventing Problems Kids who participate in sports are at risk for injuries , so be sure yours wear the proper protective equipment, such as a helmet and protective pads when roller-blading. Kids who specialize in one sport are also at risk of overuse injuries, including stress fractures and joint injuries. A child with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be changed or adapted, and some may be too risky depending on the condition. Talk to your doctor about which activities are safe for your child. Kids who enjoy sports and exercise tend to stay active throughout their lives. And staying fit can improve self-esteem , prevent obesity, and decrease the risk of serious illnesses such as high blood pressure , diabetes, and heart disease later in life. If your child refuses to play or interact with peers, or complains of pain during activity, talk with your doctor.