

FITNESS TIPS FOR PARENTS

Did you know? A recent study of nearly 1,000,000 students in California determined that higher levels of fitness were associated with higher levels of achievement. Studies have linked physical activity programs to increased concentration and improved test scores in math, reading and writing. Therefore, while helping your child become healthier and more physically fit, you will be helping prepare their brains for learning.

Activities for increasing strength

Upper-Body

- Can you walk on your hands and feet?
- Can you walk on two hands and one foot?
- Can you walk on one hand and one foot?
- Can you walk in the crab position (tummy toward the ceiling)?
- In crab position, can you wave at a friend? Can you wave a foot?
- How long can you hold a bridge position? A push-up position?
- In the push-up position:
 - o Can you wave at a friend? Can you wave a foot? Lift one foot high. Now the other foot.
 - o Inch the feet up to the hands, then inch your hands forward to return to the push-up position.
 - o Lift one hand and touch the opposite shoulder. Repeat with the opposite hand. Can you scratch your back while maintaining the push-up position?
 - o Lower the body 1 inch at a time. Can you move 5 inches?
 - o Turn over so that the back is to the floor. Now complete the turn to push-up position.
- Swing on a rope or rope swing.
- Flexed arm hang – Can you hang on 1 second for each year you are old?
- Rope, rock or wall climbing
- Play on the monkey bars
- Swimming
- Throwing and catching



Abdominals

- In the sitting position:
 - o Can you lift one leg and shake it? Now the other.
 - o With the knees bent, lean the upper body backward without falling. How long can you hold this position?
 - o Slowly lower yourself to the floor. Now can you sit up?
 - o Can you lift one leg off the floor and touch your toes with your fingers?
 - o V-sit Extend arms over head or to the side as you lift both legs until your body forms a “V”. See how long you can hold that position.
- In the supine position (lying on your back):
 - o Lift your head and look at your toes. Wink your right eye and wiggle your left foot. Reverse.



- Can you wave a leg at a friend? Use the other leg.
- Can you hold your shoulders off the floor?
- With knees bent, can you sit up and touch your toes?
- With knees bent, can you sit up with hands placed on tummy? With hands folded across the chest? With hands placed on top of head?
- Yoga
- Planks - hold the push-up position on either the hands or the elbows. Don't sag.
- Balance activities
- When hanging from bar, lift knees to chest.

Activities for Increasing Flexibility

Remember to perform static stretches, which are slow and controlled movements not bouncing movements. Stretch until you feel tension in the muscles and hold for 10-15 seconds. Perform 3-5 repetitions of each stretch.

- Stretch all body parts - legs (inner and outer thighs, lower legs, hamstrings), back, side, shoulders, neck, upper arms
- If watching TV, stretch during commercials
- Yoga
- Tumbling
- Martial arts

Activities for Increasing Cardiovascular Endurance and Moderate to Vigorous Activity

The CDC recommends 150 minutes per week of moderate to vigorous activity for elementary students. By engaging in any of the following activities, a person can increase cardiovascular endurance while meeting the recommended minutes.

- Biking
- Skating
- Rollerblading
- Brisk walking
- Swimming
- Active sports such as soccer, basketball, flag football
- Rope jumping
- Take the stairs instead of the elevator
- Do house and yard work
- Dance
- Jumping on a trampoline
- Tag games
- Jogging/running
- Sledding
- Have a "turn-off-the-TV" day
- Have a "turn-off-the-video-games" day



Kids naturally want to be active. Encourage them by being active with them. What great one-on-one time to have with your child and think of the benefit – YOU BOTH BECOME MORE PHYSICALLY FIT!