

## Fact Sheets for Kids – Exercise

Fact Sheets for Kids help children understand related community issues. For more fact sheets, go to [www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning](http://www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning).



Hands On  
NETWORK

## Meet Anna...



Anna was invited to an awesome pool party, but she didn't go. She was embarrassed to be in a bathing suit in front of her class.

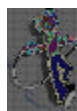
After the party she told her best friend Emily why she didn't go. Emily decided she would be Anna's "exercise buddy" to help Anna exercise more. Anna decided she would not go on a diet, but she would eat healthy foods instead of junk food.

Anna started playing soccer after school. She ate healthy snacks and meals at home. The following summer, Anna felt so good about herself that she asked for a pool party to celebrate her birthday!

See *Anna's Choice* by Catherine Carter in the Eat Wise-Exercise!™ Project

## Why exercise and stay active?

Exercise and physical activity keeps your body strong, controls your weight, helps prevent disease and builds your self-confidence. The American Heart Association recommends 60 minutes a day for kids over 2 years of age. Three types of exercise you need to stay healthy are:



**Cardiovascular** from walking, running, playing tag and riding bikes. It makes our heart strong and builds endurance.



**Strength** building exercises by doing pushups, carrying bags, hanging on monkey bars, jumping, throwing and kicking.



**Flexibility** exercises from stretching and doing movements like yoga and dance and bending down – i.e. tying your shoes!

## To stay healthy...



Walk to school, climb stairs and play sports at recess and in gym class. There are even more ways...



Get outside! Go to a park or a safe street with friends and family to play catch, tag, Frisbee, hopscotch or kickball. Jump rope to build strong muscles and bones. Play on swings and monkey bars to stay strong and flexible. If you have a dog -- walk it or run with it! In cold weather, build a snowman.



Exercise inside! Dance to the music! Do some push-ups and sit-ups while watching your favorite TV show. You can also try out some yoga poses or stretches. This uses very little space.

Exercise will keep you healthy and feel great!

### Tips to Remember

**Hydrate:** Drink water! It's great to sweat but we also need to replenish our bodies with water. Water is the best because it does not contain sugar.

**Start smart:** If you are just starting, go slow! Don't overdo it! Don't feel bad if you can't keep up with others in a soccer game or on the track. Add a few minutes of running or exercise each day to build your strength and stamina.

**Practice makes perfect:** Throwing a Frisbee, shooting a basketball, and touching your toes all take practice. Don't get upset if you can't do these things perfectly right away. Practicing daily will help you improve in no time!

*This fact sheet was created by Shannon Sodano, a nutritionist and a yoga and fitness teacher.*

### **How to Help Others**

Share this fact sheet with friends and family to help everyone "Get Movin'".

Make someone feel special who often gets picked last for a team. Pick them first!

Invite someone new into a playground game, even if they have never played before.