



Top 10 Tips - Fitness for Kids!

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Regular physical activity is essential for kids to develop strong bones, improve their coordination and movement patterns and help establish good physical activity habits that will last throughout their entire lifetime.

Research shows that exercise also helps children performance better academically, increased levels of concentration, creativity and memory and general brain function are all benefits of regular exercise and activity! So what are you kids going to be doing to stay active during the school holiday period?

Rather than staying at home glued to the television or playing their play station, get them moving with these top 10 tips to keep your kids active and happy during the holidays!

1) Learn a New Sport

With the grown in status and awareness of sports such as golf and tennis, get your kids involved in a new sport. In addition to increasing activity and creating a spark of interest, sports will always increase a child's coordination, movement patterns and build confidence with their peers. Sports such as golf, tennis, basketball, badminton, martial arts are great at keeping them interested and you will find aspiring champions in every child! Kids are great dreamers!

2) Set a Good Example

If you want your kids to be active, you **MUST** be active yourself! Lead by example, park the car away from the entrance of the supermarket, use the stairs instead of the escalator, get the kids up early and go for a walk before you go to work, do some exercise drills before dinner like push ups, lunges, squats, or jumping jacks.

3) Head to the Park

Bangkok has plenty of parks around for your children to run around and enjoy themselves with their friends. Load bearing exercise like running and jumping keeps their bones and muscles strong.

4) Kids Fitness Boot Camp

A totally new fitness experience for kids, Kids Boot Camp allows children to exercise in a fun and effective gym environment run by fitness professionals. Kids learn how to move safely and challenge themselves using only their body weight, exercise tubes, bands, and medicine balls. Created and run by the professionals at Fitcorp Asia.

5) Home Duties

Give some responsibilities around the home while are on school break, such as walking the dog, vacuuming and dusting. Not only will this help to develop a sense of responsibility, it will help build strong bonds with your children.

6) Family Fitness!

Get the entire family involved for weekend activities. Play catch, or tag around the back yard or in the park. Make exercise fun, and something you enjoy as well. If you show that you enjoy the exercise, they will to.

7) Fun Parks

In addition to having a fantastic time on all the rides, a day at the fun park such as Dream World will require hours of continuous walking from ride to ride. Fond memories and great for the whole family.

8) Ask and You Will Receive

Ask your kids what 'they' would like to do! More often than not there are influences from school or from friends which has sparked some interest. Ask and you will be surprised.

9) Fun Activities at Home

Crab Soccer, tag, jump rope, Hide and Seek or set up a fun circuit for your kids and their friends to do. Stair running, hoola hoops, hopscotch, skating, jumping jacks, balance drills, frog jumps, arm circles and skipping ropes make for a fun and very effective workout!

10) Set up a Rewards System

Create a points system for exercise that encourages your kids to exercise regularly. Use rewards such as trips to the movies, tickets to sporting events, new sporting equipment like jump ropes, roller blades, exercise tubing. Never use food as a reward.

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