

Keep your children FIT AND FINE

By DANIEL REMON

Regular physical activity is essential for children 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 helps children's academic performances, increases their concentration, creativity, memory and general brain functions! So how will your children stay active during the school holidays?

Rather than staying at home glued to the television or their playstation, get them moving with these top 10 tips:

LEARN 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 active mentally and physically, and you will find aspiring champions in every child. Children are great learners!

SET A GOOD EXAMPLE

If you want your child 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 children 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.

HEAD TO THE PARK

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

FITNESS BOOT CAMP

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



HOME DUTIES

Give the children chores around the house, 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.

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 the children that you enjoy the exercise, they will too.

FUN PARKS

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

ASK AND YOU SHALL RECEIVE

Ask your children 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.

FUN ACTIVITIES AT HOME

Crab soccer, tag, jump rope, hide and seek or set up a fun circuit for your children 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.

SET UP A REWARDS SYSTEM

Create a points system for exercise that encourages your children 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. Remember: Never use food as a reward.



Photo: Shutterstock



Daniel Remon is the founder and managing director of Fitpop-Aest, an innovative health, fitness and performance company specializing in fitness. Visit www.fitpopaest.com/ or call 02-001-7900 for more information.