



Summer Day Camps

Fit & Active Facts

Week 3: Components of Fitness

All City of Bellevue Summer Day Camps will incorporate a daily, 10+ minute fitness/exercise component into the camp schedule.



Why exercise?

Physical activity benefits every bit of our bodies, minds, and emotions. We may feel more peaceful and happy, sleep better, experience a greater sense of accomplishment and pride, look better, have increased self confidence and self esteem, have a decreased risk of many serious diseases, and generally age better throughout our whole life.

Where to get more help?

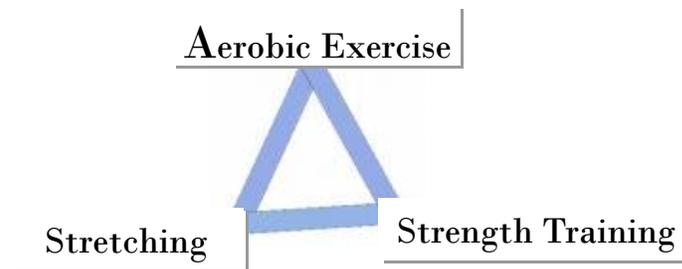
The City of Bellevue "Connections" quarterly brochure offers many choices of fitness and recreational activities for kids and adults. Summer is a great time to increase physical activity because of the gorgeous weather and extended daylight hours. Besides classes and activities, the South Bellevue Community Center offers a one hour free Fitness Room Orientation class that provides safety tips and education on aerobic exercise, strength training, and flexibility for youth ages 13+ and adults. Call the Center at (425)452-4240 for weekly schedule of orientations. The Fitness Room staff at South Bellevue Community Center would love to assist you in starting a comprehensive exercise program!

How much fitness activity is recommended for kids?

The National Association for Sport and Physical Education recommends that children ages 5-12 should get a minimum of 60 minutes of physical activity per day and up to a maximum of several hours. The activities should include aerobic activity and strength and flexibility training. Shorter bouts of activity of at least 15 minutes per bout can be accumulated towards the 60+ minutes per day. Parents, encourage your children to exercise and engage in healthy physical activities. Choose a trip to the beach or park over a movie. Physical activity can fight the rising obesity epidemic that threatens our children's good health.

What are the components of fitness?

A well rounded exercise program includes three essential components.



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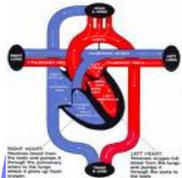




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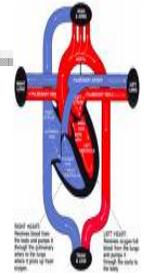


Aerobic Exercise

Aerobic exercise is exercise primarily for the heart muscle. Different muscle groups will receive secondary benefits depending upon the activity, such as the legs when walking.

- Aerobic exercise:
- Uses large muscle groups, especially the legs
 - Is continuous movement ideally for 20+ minutes, rather than stop & go
 - Increases heart and respiration rate
 - Strengthens the heart so that it can deliver a greater volume of blood carrying oxygen to the muscles to produce energy
 - Is the best exercise to lose body fat
 - Reduces the risk of many serious diseases such as heart disease and diabetes
 - Should be done at a pace where you can still talk in brief sentences (the "Talk Test")

There are many choices of activities that can provide aerobic exercise: brisk walking, lap swimming, cycling, in-line skating, dancing, hiking, and jogging. For adults, a good starting goal is 3 times per week for 20+ minutes. Five or more aerobic exercise sessions per week for up to one hour is recommended for losing weight.



Strength Training



Strength training helps us keep the muscle tissue that we have and even adds to it. Having strong muscles benefits us in many ways by:

- Allowing us to be active for longer periods of time
- Positively adding to our physical appearance
- Acting as "shock absorbers" for our limbs and spine
- Decreasing overuse injuries caused by muscle imbalances
- Increasing our daily metabolic rate (burning more calories)

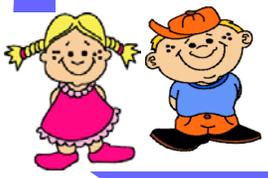
Examples of strength training exercises are: push-ups, curl-ups, pull-ups, using hand weights, or using machines at the weight room. Simple routines can be done at home using your own body weight and dumbbells. Kids can safely weight train with proper instruction and appropriate activities based upon their age and physical development. A starting goal for kids and adults would be 2-3 times per week. Make certain that you allow a day of rest in between strength training workouts rather than doing 2 days in a row. If strength training is new for you, seek instruction from a book, DVD, personal trainer, or the helpful staff at the South Bellevue Community Center.

Flexibility Training

Flexibility is defined as the range of motion within a joint. Stretching your muscles and connective tissues are often skipped when exercising because it is not quite as action packed as the other 2 components of fitness: aerobic exercise and strength training. Being flexible allows you to perform daily living tasks, helps to prevent injuries, and can give you the competitive edge in sports. Performing stretching exercises for adults and kids increases flexibility if done in the proper way:



- Warm up for 5-10 minutes with an activity that uses the large muscle groups in the upper and lower body: elliptical trainer, brisk walk swinging the arms, etc.
- Use a stretching book such as Bob Anderson, "Stretching" that has great diagrams or pictures to follow.
- Hold the stretches for 10-30 seconds without bouncing or jerking until you feel a warm pull in the muscle.
- Perform at least one stretch for each major muscle group.
- You may stretch at any time during your exercise session except for the very first thing when you are "cold".



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.**

