



Summer Day Camps

Fit & Active Facts

Week 7: Keeping Kids Active



Benefits of Being Active

- + Strong muscles and bones
- + Weight control
- + Decreased risk of developing Type 2 Diabetes, high blood pressure, high cholesterol, cancer, & heart disease
- + Improved self esteem/decreased depression tendencies
- + Academically motivated, alert, and successful in school

As kids get older, it becomes challenging for them to get the right amount of activity they need everyday. For good health, children need at least one hour of physical activity most days of the week but ideally, everyday. Most kids find themselves sitting in front of the TV or computer after their school day is over when they could be outside playing or doing some other form of physical activity. A good way to keep your kids active is to sign them up for a youth sports team to ensure that they are getting the right amount of activity. If one hour seems overwhelming, your child could accumulate their hour in shorter periods such as 30 minutes of walking followed by 20 minutes of active play and then 10 minutes of bike riding. You can also walk or bike to errands or even train together as a family for a fun run or an organized walk event. Involving yourself in your child's activity may make it more enjoyable for them. **The South Bellevue Community Center welcomes families with youth ages 13+ to exercise together in the Fitness Center. Call 425-452-4240 for details.**



It is important that your child is involved in an activity he/she is interested in or else they may lose interest over time and stop doing that specific activity. As parents, you can introduce your child to a variety of activities that your child will enjoy. There are so many different activities to choose from, such as individual activities like dance or martial arts. There are also team sports and indoor and outdoor activities for different seasons like snow sports or water sports. Keep trying different activities until you find one that your child enjoys. It is always nice to have a variety to choose from.



Keys to motivate your kids to be physically active:

- 1 Choose the right activity for your child's age (to alleviate boredom or frustration).
- 2 Keep the focus on fun (kids won't do something they do not enjoy).
- 3 Give the child plenty of opportunities to be active.
- 4 Be a role model to your kids by being active yourself.
- 5 Plan for activities you can do as a family.
- 6 Walk or bike to appointments or errands if possible.
- 7 Check out local and regional parks with hiking trails. Explore a different one every weekend. **See Summer "Connections" pg 79 for a City of Bellevue Park & Open Space Map.**



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TV & VIDEO Games: How much is too much?

On average, children and adolescents watch nearly 3 hours of television daily, not including time spent watching videos or playing video games. It is very easy for a child to simply watch television or play video games rather than exercise. But this day in, day out habit may be damaging to the child's exercise habits in the future. It is important to instill a sense of importance towards exercising. Television and video games can hinder this. Here are a few tips to limit or change your child's television watching and video game playing habits:

» Limit amount of television and video games

Set a limit of 1-2 hours a day for your child to watch television or play video games. In order to monitor this, you should keep the television and games out of your children's bedroom and keep the television turned off during meals.

» Watch programs not television

Instead of allowing your child to sit down and watch whatever is on, use the TV listings to select one or two shows that he or she enjoys. This will create more free time to consider a physical activity choice.

» Make yourself a role model

Parents are a major influence on a child's behavior, so don't channel surf or keep the TV on as background noise. By watching less television, you will send the message to your child to watch less also. It's important to be a good role model and set healthy standards for your child to follow. Set good examples now for a healthy future.

» Monitor computer time

Your child could sit in front of the computer just as long as he or she could sit in front of a television. It is important to monitor your child's computer time as well. You should set a limit for time on the computer each day not related to homework.



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