

Children Are Born to Move

The moment babies learn to crawl, they are on the move. Soon they are walking. As every parent knows, that is just the beginning. In this day of technology, rather than play outside, more and more children would prefer to play with an App on their phone or tablet or with the many other wonderful technical toys that are on the market. Children are becoming sedentary at an early age. Many school districts, due to lack of funds, have cut or limited physical education in their curriculum. Combine this with the popularity of video games, and pediatricians are concerned with the growth of childhood obesity in the United States. Fortunately, we can reverse the problem of childhood obesity by involving our children in some form of daily exercise.

Inexpensive ways to get involved with your child in physical activity outdoors are playing ball games, taking the dog for a walk, hiking, jumping rope, and jogging. Such activities also result in having special time together without the interruption of indoor routines. There are numerous extracurricular activities for children that can be overwhelming for parents. The easiest route to take is to choose a few and allow your children to pick the ones they like. To avoid wasting money, when you sign your children up for a class, discuss with them that it is an undertaking until the end of that particular session, even if after the first class, they do not want to continue. It will teach your children commitment and responsibility. Team sports help children deal with life experiences. They become a part of something other than their family life and create friendships with their teammates. They learn about team spirit, camaraderie, sportsmanship, and even how to cope with disappointment. It also feels good to have their parents and grandparents cheering them on at a game.

Exercise not only feels good, but it helps in every aspect of your child's life. Exercise makes the heart, bones, joints, and muscles stronger. It results in better focus and concentration at school. Balance, posture, and flexibility improve as children learn skills and have fun. Positive lasting habits are developed that will stay with them for the rest of their lives. Above all, parents need to be proactive and encourage their children to exercise. Parents who lead active lives serve as role models for their children.

At Woodcrest School, we create a foundation for a healthy life. The children participate in a variety of physical activities including swimming, dance, physical education, and health education. Of course, they also get to play outside daily at recess and lunch.