

Physical exercise can improve your mental and physical health. Any physical activity is good, and it doesn't need to be strenuous to achieve health benefits.

TOPTEN

ways to keep children moving during winter

1.

Discover indoor facilities.
Visit an indoor pool, ice skating rink or basketball court at a local gym, school or community center.

2.

Dance your heart out.
Pick your favorite music, crank it up and then dance away! March, box step, bounce, spin, shake it—dancing is a great way to get your heart pumping.

3.

Take it outside.
If there is snow, go skiing or sledding, build a snow fort or host a snowball fight—anything to keep you moving so that you don't get too cold.

4.

Walk the mall.
When it's too cold to go outdoors, ask your family to go for a brisk walk around the nearest mall. Walk up the stairs instead of taking the escalator.

5.

Visit the library.
Libraries are great for checking out fitness videos and books that give you the inspiration to work out. Best of all, it's free!

6.

Hit the trails.
Try snowshoeing for a fun aerobic workout. Or find a hill that's great for sledding or tubing—the climb back up the hill after each run will get your heart pumping.

7.

Visit a zoo or a farm.
Zoos and farms are fun places for learning how animal life changes through the seasons. See which animals go into hibernation or what birds migrate when it gets chilly.

8.

Sign up.
Sign up for a group sports class or lesson. Try dancing, gymnastics, martial arts, fencing, indoor swimming lessons—anything that gets you excited about staying active.

9.

Active commercial breaks.
If you just can't leave the TV, try doing jumping jacks, sit-ups and push-ups during commercials. A few minutes of commercials can add up, and you'll have a six-pack in no time!

10.

Keep it clean.
Help out with the house cleaning. Not only will it score you points with your parents, but cleaning your room, vacuuming and doing the dishes are good exercise.

Healthy habits for fitness

DID YOU KNOW?

MOST BOYS SPEND more than an hour a day playing video games. Most girls play less than 30 minutes. At least 30 minutes of moderate physical activity on most days of the week is the recommended minimum.

By the numbers

- Fewer than seven out of 100 middle/junior high schools provide any kind of daily physical activity.
- In 2004, there were 456,000 fast-food restaurants in the United States.
- About four hours of physical education each week is advised for middle/junior high school students.

The American Heart Association recommends:

All children age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity activities each day. Children should perform at least 30 minutes of vigorous physical activities at least three to four days each week to achieve and maintain a good level of cardiorespiratory (heart and lung) fitness.



DESERET MORNING NEWS ARCHIVES



MUSCLE USE

Find a photo or a story that shows an activity in which people are using their muscles. Identify and write down the muscles used during the activity.

HEART STRENGTH

The heart is an amazing muscle. It beats about 100,000 times a day, even while we sleep. Look for articles about people who need a strong heart. Many activities require healthy hearts. Look in the sports section of the Deseret Morning News for these kinds of activities. Make a list of things you can do now to keep your heart healthy.

HEALTH TALK

Select a sports photo from the Deseret Morning News that shows two or more people. Write a dialogue between the characters. The dialogue may be done with actual facts or with made-up information. Create the dialogue to tie in with health, strength and/or fitness.

How long should you exercise?

THE LENGTH OF A workout should be counted in quality minutes and not quantity minutes. Twenty to 30 minutes per workout can be quite productive. Remember that exercise shoes should provide good stability, arch support and heel cushion. Clothes should be comfortable, allowing you freedom of movement, neither too loose nor too binding.



DESERET MORNING NEWS ARCHIVES

GUIDE FOR AMOUNT OF TIME*

- K-3 grade: 10-15 minutes**
- 4-6 grade: 15-20 minutes**
- 7-12 grade: 20-30**

All levels: 1-3 minute rest periods in between sets of repetitions for each exercise

*Times and grade levels are a guide for students but must be adapted where needed.



WARM-UP

The process of increasing the muscles' core temperature in order to make them more pliable and less likely to be injured. Being able to move with greater ease. It is essential for your safety to warm up prior to any exercise routine.

1. Warm-ups should be specific to the movements in whatever activity you will be performing.
2. A proper warm-up helps prevent injuries.
3. You should warm up and stretch before every exercise setting.
4. Spend 3-5 minutes on warm-up activities.
5. Always stretch both sides of your body and hold stretches at least 10 seconds.

Physical activity is important because it:

- has a tremendous impact on your physical, intellectual and emotional development.
- causes more blood to be pumped through your veins, which helps prevent blood clots.
- strengthens your heart.
- increases your HDL (good) cholesterol.
- helps lower your total cholesterol.
- conditions your lungs.
- increases your muscle size, strength and flexibility while burning fat.
- helps cut down on stress.
- aids in lowering your blood pressure.
- improves the quality of life.
- helps build and maintain healthy bones and joints.
- helps control your weight.

TRY THIS!

BALANCE SKILLS

A DRILL for better athleticism

Balancing exercise

Not as simple as you might think!

Each morning when you get dressed and each evening when you get ready for bed, do so while standing. No sitting allowed! The kicker is, you must do this while standing on one foot at a time. Keep in mind that body control is your key. This exercise will require good focus on your part. Remember that a strong lower body and trunk will allow you to complete this task with greater ease. Control is the key to this drill. Increase your speed only when you can do so while maintaining good balance and body control. In other words, do not sacrifice control for speed.