

Exercise for Kids

Pre-reading

Questions: Why is exercise important for kids?
What are some ways kids can exercise?

Definitions: Obese – very overweight
Ensure – to make sure something will happen
Motivate – to give someone a reason or desire to do something



www.cdc.gov image

Reading

14 Many of our nation's children are overweight. In fact, childhood obesity has more than
33 doubled in the past 30 years. Why? Exercise is a key factor; kids are not getting enough of it.
43 Exercise has many benefits. The positive effects of exercise include:
47 • Stronger muscles and bones
52 • Less likely to be overweight
60 • Decrease in the risk of type 2 diabetes
66 • May lower blood pressure and cholesterol
68 • Better sleep
72 • Happier state of mind
75 • Better stress management
93 If possible, kids should exercise 1 to 2 hours every day. Although this seems like a lot of
110 time, exercise should be a fun part of their regular, daily routine. Kids can get exercise by
127 climbing and running at the park or by playing games like tag and hopscotch. Mowing the grass
141 with a push lawn mower and raking leaves are also good forms of exercise.
160 One way to ensure kids are more likely to get exercise is to limit the amount of time they
177 spend in **sedentary** activities. Kids need to sit less and move more. The amount of time spent
194 watching television and playing video games should not be more than 1 to 2 hours per day.
208 Children should be encouraged to be active. Biking, dancing, jumping rope, hiking, swimming, and
225 participating in team sports are fun ways to be active. Playing tennis with a friend or shooting
229 hoops is also fun.
245 Adults play a very important role in getting kids to exercise. One way parents and other
259 adults can motivate kids to exercise is by exercising themselves. Children learn from example.
278 Walk a mile every morning and ask your child to join you. Bike to the post office instead of
291 driving. Do yoga before bed. Encourage children to exercise through words and actions.

Understanding

1. What does the word **sedentary** mean? _____

2. What are some examples of sedentary activities? _____

3. Why is childhood obesity a concern in the United States? _____

4. How can adults help kids get more exercise? _____

5. What types of fun exercise can kids do? _____

6. How does exercise benefit kids and adults? (List at least three ways.) _____

7. How much exercise should kids get each day? _____

Writing

Option A: Summarize the reading in your own words.

Option B: What types of exercise do you do and how often? How does it make you feel?

Option C: What types of exercise do your children enjoy? Are you involved in their exercise? If yes, how are you involved in it? If no, how could you be more involved in it?
