

Why you want fit kids!

There are so many reasons to start your kids in a lifestyle of physical fitness. I wanted to let you know of some benefits your child will see if you help them start a physically fit lifestyle!

Academic improvement Studies show that increasing physical activity without increasing class time will still lead to an improvement in grades and performance in school. This is an amazing finding, since most schools are cutting physical education and extra-curricular programs while trending towards spending more time in school and giving more homework. It is up to us parents to give our kids the physical education that they will not receive in school any longer. Study after study shows that physically active kids consistently perform better in school than their sedentary counterparts.

Self-Discipline Research shows that when elementary school kids get physical activity breaks in school, they exhibit more on-task behavior. This leads to more self discipline as they get older. The improvement is even greater for those kids who tend to be off-task the most, they show an even greater improvement after physical fitness breaks.

Development of Social Skills, Cooperation and Moral Development Research shows that physical activity will improve social, language and physical skills. They learn skills in social interaction learning how to take turns and improve their verbal skills. They also learn how to enter into and manage social relationships all through physical activity.

Improving Self-esteem and Self-confidence If children are given sufficient time to practice the skills they learn, it will lead to them developing self esteem and self confidence. Further benefit to physical education is that it is a subject area that can be a challenging atmosphere and at the same time a fun and enjoyable place.

Stress Reduction Studies show that the best way to ease stress is physical activity. Exercise improves a person mentally and physically. Physically, it improves ones cardiovascular system by strengthening and expanding the heart. This causes better elasticity of the blood vessels, which increases the flow of oxygen to the body and lowers blood levels of fats such as cholesterol, and triglycerides. All of this contributes to lower blood pressure and lessens the chance of a heart attack or stroke. Mentally, exercise is the vehicle that drives all the negative emotions out, for example frustration, anger, and irritability, leaving you with a more positive outlook and better mood. Improved moods come from your brain producing positive biochemical changes during and after exercise. When people are exercising, they have a tendency not to worry. They are resting their brain cells giving them time to renew themselves, so they can function more properly when needed.

Lifestyle habits tend to be formed by age 12, although it's never too late to start. It is very important that you start early and instill a lifestyle of physical fitness so your child has all of these fitness advantages.