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Present continuous for kids exercises

when most adults think of exercise, imagine training them in the gym, running on a treadmill, or lifting weights. but for children, exercise means playing and being physically active. children exercise when they have the gym class at school, during re-entry, dance class or in football practice, while driving bicycles, or when playing tags. the numerous benefits of exercise of all can benefit from normal exercise. Active children will have: in addition to enjoying the health benefits of regular exercise, children in shape sleep better. are also able to manage physical and emotional challenges - racing to catch a bus to study for a test. the three fitness elements if you've ever seen children in a playground, you've seen the three fitness elements in action when: They escape from the child who is essence (resistance) through the monkey bars (force) Down to tie their shoes (flexibility) parents should encourage their children to do a variety of activities so that they can work on all three elements. resistance develops when children get regularly activity. during the aerobic exercise, the large muscles are moving, the heart beats faster, and a person breathes stronger. aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells. aerobic exercise can be fun for both adults and children. Aerobic activities include: the improvement of the strength should not mean weight lifting. Instead, children can do push-ups, stomach crunch, pull-ups and other exercises to help tone and strengthen the muscles. they also improve their strength when they climb, do a vertical or light. stretching exercises help improve flexibility, allowing muscles and to bend and move easily through their complete range of movement. Children get probably every day to stretch when they reach a toy, they practice a split or make a cartwheel. The sedentary problem Children and teenagers are sitting much more than those who were used to. They spend hours every day in front of a screen (TV, smartphone, smartphone. And other devices) looking at a variety of media (TV programs, videos, movies, games). Too much screen time and not enough physical activity to add to the problem of infant obesity. One of the best ways to make you become more active children is to limit the amount of time spent in sedentary activities, in particular watch TV or other screens. The American Academy of Pediatrics (AAP) recommends parents: put the limits on time spent using the media, which includes TV, social media and video games. The media should not take the place to get enough sleep and be active. Limit the screen time to 1 hour a day or not for children from 2 to 5 years. Discourages any screen schedule, except for video-chat, for children aged in less than 18 months. Choose high quality programming and look at it with your children to help them understand what they are seeing. Keep televisions, computers and video games out of children's bedrooms. Turn off the screens during meals. P Quanto exercise is enough? Parents should make sure their children have enough exercise. So how much is it enough? Children and adolescents should get 60 minutes or more moderate physical activity to vigorous daily. Smaller children and children in preschool ages should play actively several times a day. The younger ones should get at least 60 minutes of active game every day and preschool ages should have at least 120 minutes of active play every day. This time you should include planned physical activity, LED for adults and free unstructured game. Small children should not be inactive for long periods of time A ç à, "no more than 1 hour unless they are sleeping. And school-age children should not be inactive for periods longer than 2 hours. Increase 1 Children in shape that combine a regular activity with a healthy diet is the key to a healthy lifestyle. Here are some tips for collecting children in shape: helps your children in a variety of age-appropriate activities. sets a regular program for physical activity. make active part of everyday life, how to take the stairs instead of the elevator. hug a. a.Lifestyle yourself, so you will be a positive role model for your family. Be active together as a family. Keep it funny, so your children will return more. In the new guidelines for exercises for Americans, children get their own section. We don't always think about what we move our children, but we should probably move. More exercise means sleep better and a better mood, not to mention the context of children for a healthier adult for a healthier adult. The basic bases 6 years and beyond should be active for about an hour a day. That must not be a structured sports practice or a gym class, though: withdrawal counts, and so active active as the jump of the playground or having a fight for the snowball. Even short periods of counting of the exercises, so it's nice to add all the children that children arrive in one day. Children approach to adolescence, they tend to slow down and exercise less. Of course, some could get a lot of exercise time as part of teams or sports classes, but otherwise they start falling into the same habits of you and me: sitting at a desk all day, runs on the sofa of the evening. Francesori from 3 years to 5 should be active all day. The new guidelines suggest three hours. It looks a lot until you turn off the TV and take via iPad and realize that small children gravitate to crawl and jump throughout the place while playing with their toys. The new guidelines do not include babies, but the Society of Health and Phsysh Educator has some suggestions. Babies should interact with their caregivers in a variety of settings (take that guy for a walk!) And they should have safe places to move. So it's nice to put the child in a child-proof space with some toys, for example, even if they are perfectly happy In a swing or a bouncer. And give them the opportunities to work on any action is adequately appropriate: for example, the time of the belly for the little ones who are working to keep the head and roll. A jogging stroller is a suction purchase. You think, think, Look at the baby, I need a little... Read more Vigorous Aviation Exercise As an adult, I know when I am doing easy exercise (walking at the shop) against vigorous exercise (corresponding intervals to the track). Children also need a moderate and vigorous exercise mix, and guidelines suggest that if you can chat easily while you do, it is not vigorous. At least three days a week (which can be part of the daily 60 minutes), children aged 6 and on should do vigorous exerciso as... In preschool age: racing games such as tag, swimming, bicycle or trike, dance Children's age school: any of the above (at a level that feels quite difficult), more running, jump rope, skiing, and sports like football or martial artsTeenagers: same as school-aged children, although their favorite sport may differ Exercise of bone mass enhancement is formed while we are adolescents, so the exercise that strengthens bones is particularly important. Luckily, this only means exercise where we support our weight, how to stand rather than sit. Bone grows stronger with (safe) impact, such as running, jumping and jumping. Children 6 and up should do bone reinforcement exercises three days a week, as part of their 60 minutes. Here are some tips for age: Preschoolers: jump, jump, run, gymnastics Children's age school: all the above, including jump rope, more sports that involve rapid change of direction (such as football)Teenagers: running, jumping rope, and more than those football type sports Exercise muscle empowerment It is important to get stronger (again, what children build now will help them throughout their life), so the strength training is important for children as it is for us. Children 6 and on should make some form of muscle strengthening three daysWeek, again as part of their 60 minutes. Here are some suggestions: in preschool age: climbing on playground equipment, gymnastics, games like school trailer: one of each of the above, plus climbing trees or strings, doing Yoga, or actual force formation with body weight or fandsteenagers resistance: one of the previous, plus workouts with weight machines or free weights

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