



303 Kid-Approved Exercises and Active Games (SmartFun Activity Books)

Kimberly Wechsler

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With game consoles and the Internet, children are playing as much as they always have—but now, they sit still while doing it. Kids spend as much time watching TV, using computers, and playing video games as they spend in school each week. One in every three kids in America is considered overweight or obese, and the number one concern that parents bring up to pediatricians is keeping kids fit. Half of all children are not physically active enough for the development of a healthy cardiovascular system.

303 Kid-Approved Exercises and Active Games helps 6-8 year old kids get off their chairs with fun and age-appropriate exercises. Exercise for children must be fun. These exercises have been used for personal training sessions, kids fitness classes, kids fitness camps, birthday parties and in schools; they have all been “Kid-Approved!”.

Kimberly Wechsler, a specialist in Kid’s Fitness, took into account the fundamental attributes of being a child while developing these exercises. Children have specific physiologic differences that make them unique. They grow, mature, and develop skills at different ages, so what may be skill appropriate for one child could be harmful for another child. These exercises reflect the emotional, social, physical level of this age group.

At this age, children feel confident with the basic skill of fitness and are now ready to be challenged to more complex moves. They are now at the skill level in which physical challenges like balance, muscle building, hand-eye, hand-foot coordination, increasing challenges for their fine and gross motor skills, and functional training can be more added. They are growing in their intellectual and emotional processes as well, which now allows this age group to follow and understand simple rules of a sport. They are also introduced to the concept of friendly competition and sports fitness.

Children also enjoy using their imagination and fantasy, so exercises require the use of their imagination. There are games and fitness challenges that require kids to take an active role in learning new skills, and there are introductions to new sports. Kids still enjoy outside participation so families, friends, educators and counselors can participate in all of the 303 activities.

Kids at this age can’t seem to sit still--their minds are always thinking and their bodies are always moving. Children have short attention spans, so most of the activities can be played within a 15 minute period of time and many choices are offered throughout the book. *303 Kid-Approved Exercises and Active Games* supports children’s energy and directs it in a positive way; the activities take advantage of a child’s natural tendency to be active with unstructured or free play.

303 Kid-Approved Exercises and Active Games develops intellectual, emotional, and social skills for children, all the while promoting an active and healthy lifestyle.

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