



From our December, 2014 Newsletter

## Don't Forget To Exercise!

by Melissa Cunha, MS, PT

As the weather gets colder and colder, don't forget the importance of physical activity. Make sure that your children turn off that TV, get off the couch, and get moving! Participating in regular exercise and stretching helps to maintain strong muscles and bones. When we exercise, we feel better about ourselves, and we also sleep better each night. A few activities that help to strengthen our muscles include push-ups, sit-ups, and lifting weights. Jumping and other plyometric activities help to promote bone growth and bone strength. A stretching program will help to improve flexibility and physical stability. Therefore, participating in a dance, yoga, or martial arts program is a great way to increase endurance and flexibility.

Here are some additional ideas to help your children stay active and strong during the winter months:

Obstacle courses: Using blankets, pillows, etc, create an indoor course for your children to negotiate and enjoy.

Wheelbarrow walking/crab walking races: These positions are not easy to maintain and will be a great workout.

Jump rope/ jumping jacks: What an amazing way to promote strength, endurance and bone health!

Ball toss: Playing catch using anything including rolled up socks, helps to enhance hand-eye coordination.

Kicking activities: Working on kicking, dribbling and stopping a soccer ball will help with balance and coordination.

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Dance party: Turn on the music and dance, because it gets the heart pumping and promotes strength and endurance.

Simon says: This is a great game that helps work on a child's flexibility, body awareness, and ability to follow directions.

Mini Olympic games: Pick activities like sit-ups, push-ups, bridges, etc and see who can do the most!

If you feel your child would benefit from some Fitness Fundamentals, contact the office. These P.T. sessions can be motivating to help keep up endurance during the dark winter days!!