



Health Info from Your Webb School Nurses: Exercise! Edition 4



Your Webb School Nurses are here for you!

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Combining regular physical activity with a healthy diet is the key to a healthy lifestyle! Kids and teens should get **60 minutes** or more of moderate to vigorous physical activity a day! Parents should encourage their kids to do a variety of activities so that they can work on all three elements of Fitness!

* **Endurance** develops when kids regularly get aerobic activity. During aerobic exercise, large muscles are moving, the heart beats faster, and a person breathes harder. 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 kids.

*improving **strength** doesn't have to mean lifting weights. Instead, kids can do push-ups, stomach crunches, pull-ups, and other exercises to help tone and strengthen muscles. They also improve their strength when they climb, do a handstand, or wrestle.

*Stretching exercises help improve **flexibility**, allowing muscles and joints to bend and move easily through their full range of motion. Kids get chances every day to stretch when they reach for a toy, practice a split, or do a cartwheel.

5 Cool Exercise Facts for Kids!

Exercise is good for your heart. 

Exercise strengthens your muscles. 

Exercise helps you maintain a healthy weight. 

Exercise can make you more flexible. 

Exercise makes you feel good! 

Ways to get moving while Social Distancing!

Living room dance party!

Yoga

Go for a walk

Ride bikes

Go for a hike

Shoot hoops/ play ball outside

Play tag

Play hide and seek

Jump rope

Tips for raising fit kids:

- ☺ Put limits on the time spent using media, which includes TV, social media, and video games. Media should not take the place of getting enough sleep and being active.
- ☺ Set a regular schedule for physical activity.
- ☺ Make being active a part of daily life, like taking the stairs instead of the elevator. Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.
- ☺ Be active together as a family.
- ☺ Keep it fun, so your kids will come back for more

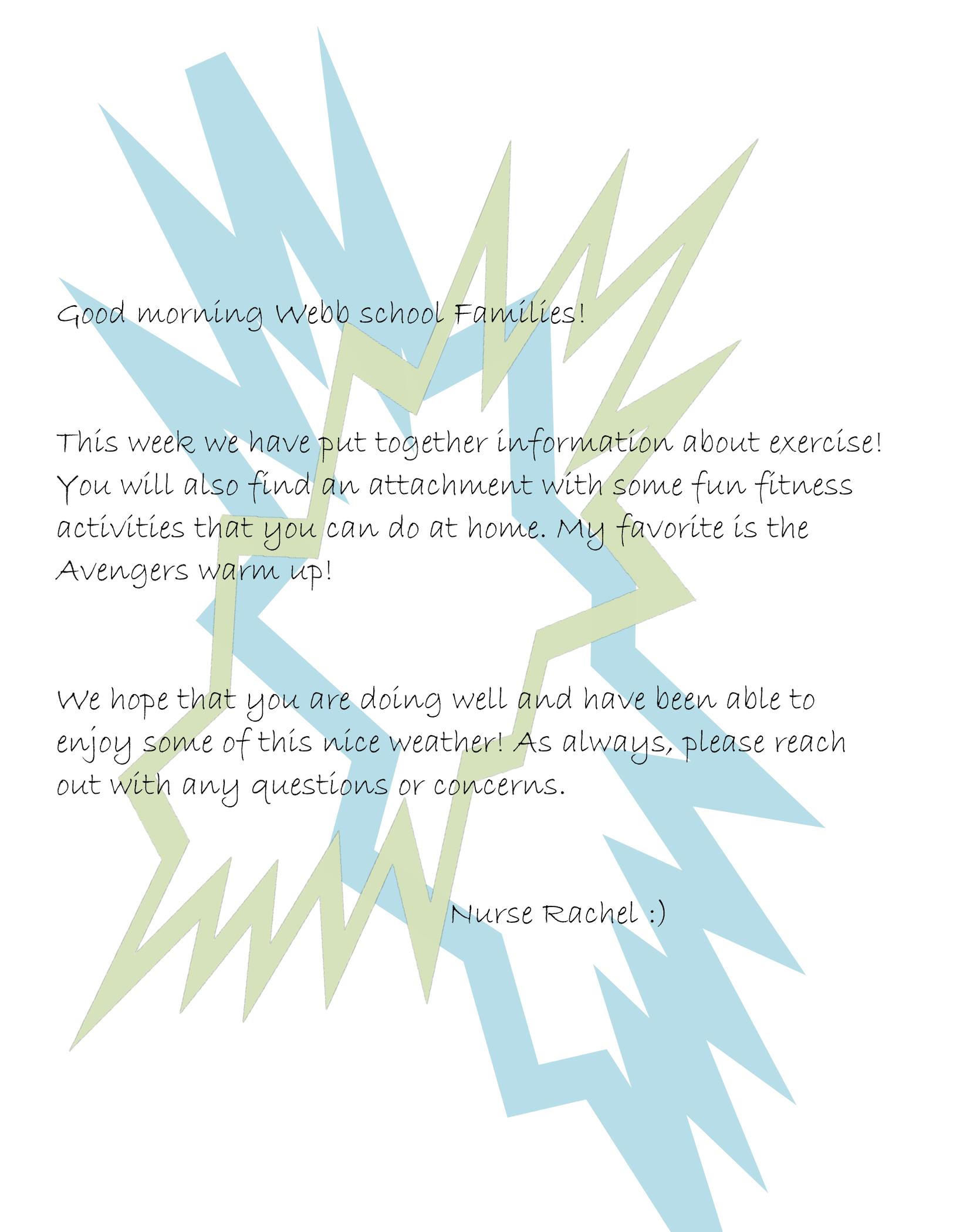
Free links with SUPER FUN movement activities for kids:

www.Cosmickids.com

www.gonoodle.com

"Get Kids Moving" YouTube Channel

<https://www.youtube.com/user/Glennhigginsfitness>



Good morning Webb school Families!

This week we have put together information about exercise! You will also find an attachment with some fun fitness activities that you can do at home. My favorite is the Avengers warm up!

We hope that you are doing well and have been able to enjoy some of this nice weather! As always, please reach out with any questions or concerns.

Nurse Rachel :)