

Helping Kids to Get Fit!

We observe it on the news all the time, stories that tell us that children today are in trouble. The obesity rate for youth is higher than ever and just getting worse. What can we do to teach kids how important fitness is for their health?

Children today have more extra time than ever before. It used to be that all members of the family had to work for everything. Kids worked gardens, tended animals, etc. The little luxuries we have now have made our lives easier, but it has also contributed to the rise in the weight problems of a generation.

There are so many TV stations to select from, countless video games to play, and a multitude of friends to chat with and text. Life has become wrapped around technology and the electronic age has a grip on our youth.

But there are ideas to get kids off the couch and moving. The first step is turning off the television. I know many won't agree with me, but so many kids think the television has to be on all day. They don't understand the beauty of peace and quiet. If you turn off the TV, soon kids will wander off and find for other things to do on their own.

Get your kids involved in organized sports. Many towns have soccer and baseball teams. Swimming lessons can spark a desire to join a swim team. Gymnastics and dance classes are fun and rewarding. Children won't even think they are getting fit!

Not all fitness for kids ideas needs to be competitive or costly. Take your children for walks through your town or to the local park. If you are lucky to reside near a natural area, go for hikes and nature walks. Go on family bike rides or put up a basketball hoop in the yard and play basketball.

You can find fun ways to get exercise with technology too. A lot of new video games are interactive and get kids moving and enjoying it. The Nintendo Wii and Wii Fit are great fitness video games. Nintendo has taken video games to a whole new level by getting people involved in games in a physical way. Way to go Nintendo for figuring a way to promote fitness!

There are so many options for getting everyone in the family fit. Make fitness important and find ways to make it fun. Your family will be healthy and happy, who could want more than that?

About the Author

Terra is the mother of twin boys who she loves to take for walks in her [BOB Jogging Stroller](#). Terra has researched double jogger strollers and shares her opinions on her website: www.doublebabyjoggingstroller.org.

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