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Health & Fitness Magazine

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Painless Cure
for Heart Ailments

Lose your
Belly Fat

Natural Remedy for
Kidney Stones

Breastfeed for a
lasting bond age
with **Your Baby**

Listen to
Your Body !

Lose inches
Gain Muscle!

M a k i n g
Connection with
your loved ones

Get the BEAN
P o w e r

Spice up with
Monsoon

Exercise for Healthy Living

Health Wellness Family Nutrition Parenting Lifestyle

Children's Fitness

STAYFIT[®] HEALTH & FITNESS



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In today's generation, physical activity is often neglected. Increased popularity of television, computer games & social internet websites mean children have no inclination or exposure to outdoor activities or sports. Lack of physical activity increases risk of heart diseases & obesity when they grow up.

American Heart Association recommends

All children of age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity physical activity every day.

Children must be encouraged to exercise by throwing light on how it will benefit them. Exercise should become a way of life.

Regular exercise makes muscles & bones stronger, increases flexibility and helps in maintaining a healthy body weight. Obese children also become obese adults and obesity can bring along with it many complications later in their lives.

Sports & exercise also help in developing very important **social & survival skills** like sharing, learning to work in a team, being considerate of your fellow teammates & most importantly learning to take winning and losing in your stride. Every day is not going to be the same and nothing can teach that to children better than sports. It will teach them to fight against all odds to achieve desired results in life.

Come On, Lets Play!



How to exercise safely?

Warming up (Before Exercise)
like stretching muscles of the legs, back & shoulders along with gentle aerobic exercise like slow jogging is extremely important.

Cooling down (After Exercise)
like slow jogging, again stretches of the legs, back & shoulders help in preventing muscle soreness after exercise.

Exercise should be avoided if a child is in pain, feeling dizzy, giddy, feels sick or is very tired.

Parent can try some of the following tips to make their children indulge in exercise-

- Show children the importance of physical activity by being active yourself. When I was a kid, I always saw my parents & older brother going to the gymnasium or playing some kind of sport almost everyday. So it was easy for me to pick up exercise at an early age. Not exercising was not an option and neither did it ever cross my mind.
- Help children think of active alternatives when they are bored or have been sitting for too long. Do something active on family outings, e.g. walk to the cinema or the shops when you can.
- Support your children's favourite sport. Show you are interested. Watch when they are playing or occasionally play with them.

