

Play Time

One of the most over looked aspect of fitness is play. We spend so much of our teen and adult life with structure that we don't remember how to just play. When was the last time you played "tag" or "Hide and Seek"? I know, it sounds silly, but to your kids, riding a bike that doesn't go any where is silly.

When a child wants to be active they think of playing. This play almost always involves some type of running, jumping, twisting and twirling. One of my favorite games to play with my girls is "hide and seek." We play almost every time mom leaves the house (we can get a little rambunctious). I love to have the girls running through the house yelling for me, crawling under beds, over couches and into cupboards. By the time the game is over (or mom comes home) we are exhausted. I'll bet if I wore a heart rate monitor (the kind that totals calories) I would be in the hundreds. Doing this little calorie burning activity really adds up quickly. There are so many games to play that will help jumpstart you and your family into a fit lifestyle.

If you and your family are new to fitness then start slow. Hop scotch is one that is easy and builds a lot of lower body balance and strength to prepare you for bigger and more developed challenges. Start with short simple patterns. Be sure to alternate from right to left leg, this will assure equal strength. If you want to make it a little harder then simply do it backwards or with one eye open at a time.

Let's not get stuck on formal exercise, especially when it comes to your child's fitness. Playtime can break a sweat and get you in shape at the same time. If you are looking for a challenge, pretend to be different animals walking around on your hands and feet. Walking around on your hands and feet can build a lot of upper body strength, not to mention a rock hard set of abs. A note of precaution for this though, if you have never done a push up then your wrists are not as strong as you might like to think. So, don't play for an hour the first time you play this game. Play for a few minutes and give your wrists a break.

Bringing Health and Fitness to the Whole Family!

Jason

About the Author:

Jason Roberson holds a Masters Degree in Physical Education/Exercise Science. He is also a Certified Strength and Conditioning Coach working at a Division I University as a Head Strength and Conditioning Coach. He brings an extensive athletic and personal training background. Jason is immersed in the Health and Fitness world on a daily basis and is consistently taking continuing education to stay updated on the most current information in the field.

