

Fit Kids

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this book is loaded with motivation and practical information about blending exercise and healthy eating naturally into today's busy lifestyle it is a guide for parents teachers youth leaders and anyone who wants to enhance the life of a child by introducing him or her to enjoyable exercise from the contents a guide for parents teachers youth leaders on how to make exercise fun research showing how fit kids learn better are more successful research on how the body bones etc respond positively to exercise activities by

age group research on childhood obesity and what can be

one in three children in the u k are now classed as obese this shocking statistic is the inspiration for fit kids a children s fitness book aimed at increasing physical activity without the need for specialist equipment and an excessive amount of time based on the royal canadian air force fitness plan the progressive exercises will help all children 7 17 years old achieve and maintain their ideal level in only 15 minutes a day the activities in this book are supposed to be fun they focus on playing and games as opposed to running on a stationary treadmill or jogging without a purpose each exercise is designed to ensure that children look forward to their twelve minute session each day setting this habit early means that they will be less likely to look for excuses as to why they can t exercise when they are older it sets them up to enjoy fitness for life fully illustrated with integral progress charts fitness can be fun chapters include healthy eating fitness in schools why exercise is important age appropriate activities and much more with a minimum of space and just 15 minutes a day fit kids is ideal for fitness at home and in the school

ditch the junk food get off the sofa and get ready to get fit kids written by experts from kidshealth this practical illustrated guide covers every aspect of nutrition and exercise to help you raise healthy and active children addresses the challenges of sedentary life styles and the availability of fast food there are also tips on how to choose the right kind of exercise and meals with easy to follow activities and recipes covers every stage of a child s development from birth to adulthood this is the only guide you ll need to bring up fit kids in a fat world

fit kids strong kids book 1 of 4 help your children make smart decisions about health fitness and safety this four book series has important information they need to grow up fit stay healthy and be safe in everyday situations by reading these books together with your children you will discover dozens of helpful facts and ideas to add to your familys daily lifestyle and help your children progress toward becoming fit and healthy adults each 32 page growing going book offers colorful photos and illustrations along with important topics and fun activities

a fun empowering read for parents and their kids who work out teach your baby all the necessary movements at the gym so they can do them alongside you soon enough they ll be smashing their own personal bests

imagine a fitness plan that comprises just five elements imagine a fitness plan that takes just 11 minutes of your time in a day imagine a fitness plan that needs no extra equipment no visits to the gym but helps you to lead a more active healthy life the bx fitness plans are a simple to use but progressive series of exercises that help develop strength flexibility and aerobic fitness for people of all ages and abilities these plans are not a new fad they have a proven track record and have been tested in the most challenging of spheres the bx fitness plans were first developed by the royal canadian air force rcaf in the 1950s 5bx five basic exercises was the brainchild of bill orban who was tasked with developing a fitness plan for the pilots of the rcaf many of whom were considered unfit to fly at the time the plans met two criteria they were time efficient just 11 minutes and they required no additional equipment orban devised a plan that was progressive and effective and more than 65 years on those plans are as relevant today as they were in the 1950s the founder of bx fitness plans first discovered 5bx in the 1970s and then re discovered these exercises after a 40 year break although four decades older he was soon on his way to a healthier and more active life his goal now is to make the bxplans relevant to all generations the premise simple exercises that can be done anywhere and only take 11 minutes and can be used by adults and children the plans get you into an exercise routine which is the foundation of a healthy active life bx fitness programmes offer an easy way to get fit and through their progressive nature guide you to reach your fitness potential in this book we have adapted the 5bx fitness programme to make it both relevant and simple to implement so whether you are a parent carer teacher coach or teaching assistant you will have the resources to offer a fun filled practical route to helping children live an active and healthy lifestyle

this book provides a simple approach for all to improve the health of their children it has particular relevance to tackling the issue of obesity

p k hallinan brings his spirited rhyming verse and brightly colored illustrations to the subject of health and fitness for children hallinan s lively art accompanies spirited good natured text in urging us to move more to eat well and to get plenty of rest the narrator s desire and motivation to make healthy choices every day will inspire children to follow suit once again hallinan delivers fun and approachable learning for children in a board book format ages 2 5

includes handy information for parents

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