

Blue Sky Pediatrics Asheville

Making every Child's day brighter by.....
encouraging kids to play!

Newsletter

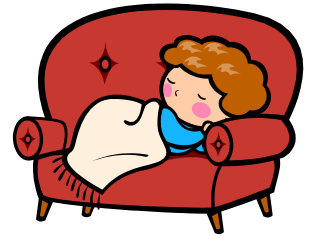
PLAY!

PLAY SMART FOR KIDS!

Being active helps you to burn calories, build muscles and feel GOOD all over. And guess what? PLAYING is a great way to get your exercise! Did you know that your body needs over one hour of exercise every day? Your playtime doesn't have to be all at once, and you can count your gym time at school.

DON'T BE A COUCH SLOUCH!

You should spend less than 2 hours a day in front of a video screen (or less if your parents say so). This includes TV, computer and video games. You should get up and get moving while you are watching TV by trying these activities. Sit on the floor with your legs out in front and try to touch your toes for 12 seconds. Do 2-3 sets at a time. You can also stand with your feet together and try to touch your toes. Do 2-3 sets at a time. When you are watching TV, do sit-ups or jumping jacks during the commercials so you don't miss anything. It can also be fun to find a music channel on TV and dance. Dancing is a good form of exercise (and can be funny if you get your parents to join you).

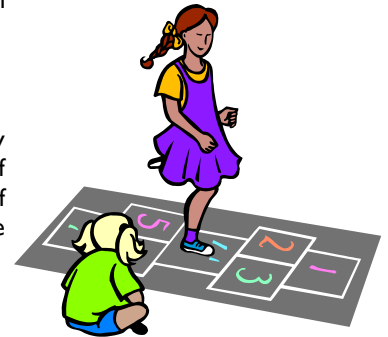


PLAYING ALONE

If you don't have a friend to play with you, there are fun things you can do all by yourself. You can run around your house, then lay on the ground and watch the clouds. You can ride your bicycle or walk your dog. You can draw a hopscotch grid using chalk and hop to it or jump rope by yourself. You can make a paper airplane and go outside to see how far you can make it fly. You can even volunteer to help your parents do outside chores such as weed the flowers or help wash the car. Always let your parents know what you are doing and watch them smile because they are proud of you.

PLAYING WITH FRIENDS

If you have a friend to play with, there are several things you can do to get exercise. You can play Frisbee or kick a hacky sack around. You can play basketball or soccer. You can play both of those activities with just 2 people. You can still jump rope by seeing who can jump the longest. If you decide to watch TV with a friend, have a contest during commercials to see who can balance on one foot the longest, or who can do the most jumping jacks or sit-ups.



EXERCISE WITH YOUR FAMILY

You can get your family involved with helping you exercise and this will help all of your family members too. Ask your family to go hiking with you or to go to your local pool and swim. You can even ask your parents to play sports with you like basketball, soccer or tossing a football. You could ask your family (or your friends) to help you have a neighborhood dog wash. If you are stuck inside, play an action game with your family like Twister.

HEALTHIER IN A HEARTBEAT



It can be fun to check your heart rate while you exercise to see how your heart rate increases. You can do 15 jumping jacks, 15 sit-ups, or run in place for 15 seconds. Hold out one hand with your palm facing upward. Use the fingertips of your other hand to lightly touch the wrist of your upturned hand. When you find your heartbeat with your fingertips, count how many times your heart beats in 15 seconds, using a clock or a watch with a second hand. Multiply your answer by 4 (this will also help your math skills!). That is your pulse, which is how many times your heart beats in a minute.

Now, get out there and play!!