

Getting Kids Out of Their Screens

Get this, less than 25% of American children get the recommended 60 minutes of moderate to intense physical activity daily. Sound like anyone you know?

Most kids get too much screen time and too little physical activity, which is something that affects the health and happiness of a family.

The result? One-third of American children are overweight or obese!

Is raising fit kids easy? Hardly! But we shouldn't stop trying even when we're exhausted, frustrated or don't know what to do.

Why Kids Need Exercise

Active kids are less likely to be overweight or obese. They have more muscle strength and stronger bones and are less likely to suffer from high blood pressure, heart disease and Type 2 Diabetes.

Active kids score higher in reading and math. This is because aerobic activity supports the development of essential brain structures and neural connections.

Lastly, kids who exercise are less likely to suffer from anxiety and depression, which is a MAJOR issue facing youth. Frequent physical activity stabilizes their moods and improves emotional response, decreasing feelings of suffering, making life much more enjoyable and manageable emotionally.

How Much Exercise do Kids Need?

It varies depending on age. School-age kids and teens need at least 60 minutes of moderate to vigorous physical activity daily.

Preschoolers need 120 minutes of active *play* per day, whereas toddlers need 60 minutes of active play.

What Kinds of Exercise are Suitable for Kids?

When it comes to kids, it's not about treadmills or lifting weights; it just means being physically active.

Play-based activities are totally adequate for kids under the age of five. This could be anything from dancing to music to playing tag as long as it gets them moving, increases their heartbeat and improves their flexibility. Play-based activities are fun, inexpensive and can involve adults.

Older kids require more structured exercise like a class or a team sport. This helps to develop specific skills such as dancing, soccer, gymnastics or swimming. An added benefit is that interacting with other kids improves social skills.

How to Get Your Kids to Exercise

This can be a real challenge because it seems they'd HAPPILY forgo physical activity for more (a LOT more) Fortnite time with their friends.

The most effective way to get your kids to exercise is to adopt a healthier lifestyle *yourself* and do it as a family.

Exercise regularly as a family and enjoy outdoor activities; be a positive role model for your kids. Also, make it fun so they keep coming back for more!

Can you think of one or two ideas of something active your family could try this week?

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!