

Research shows regular exercise has academic benefits for kids

Research shows that physical fitness provides many benefits for kids. Regular physical activity is linked to higher self-esteem and attentiveness in school. It also lowers the chance of health problems such as type 2 diabetes.

To motivate your child to get—and stay—active:

- Limit recreational screen time. When your child watches TV or plays video games, encourage her to take active breaks.
- Offer suggestions. When your child has a friend over, suggest they play games that involve movement, such as tag, soccer and jumping rope. Indoors, try games such as Simon Says and Red Light, Green Light.
- Plan family outings. Pick activities your family enjoys and create some new healthy traditions. You might go for a walk after dinner or head to a park every Sunday afternoon.
- Be creative. You can find lots of ways to sneak in exercise. During chore time, play music or race to finish a job. While doing errands, park away from a store and walk. Or make a stop at a playground on the way home.
- Set an example. If your child sees you staying fit (stretching, biking, walking with a neighbor, etc.), they may be more likely to get active herself.

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