

Exercise

Definition and Purpose: “Moderate-to-vigorous” movement of the body for an extended period of time. Elevating the heart rate. Putting purposeful, appropriate stress on the muscles, joints, bones, and/or organs in order to become healthier, stronger, faster, more flexible, and/or more capable. Individuals vary.

Benefits:

1. Healthy weight (not too much or too little)
2. Strengthens bones and muscles
3. Helps cardiovascular health (heart and lung health - high blood pressure, stroke)
4. Improves mental health
5. Improves blood flow
6. Aids in the detoxification process (ridding the body of naturally-occurring waste products)
7. Stronger immune system (fighting infections/diseases)
8. Reduction of Type 2 diabetes
9. Can help prevent some types of cancer
10. Improves energy levels
11. Enhances emotional well-being (reduced depression)
12. Enhances brain health (academic performance, memory)

<http://benefitof.net/benefits-of-exercise-for-children/>

<https://www.takethemagicstep.com/training-exercise/families/benefits-of-exercise-for-children/>

<https://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/>

Recommendations:

1. **60-90 minutes of “moderate-to-vigorous” exercise per day.** Exercise should increase the heart rate, move the limbs, and cause the body to exert itself (sweat, soreness, heavy breathing, etc.).
2. Exercise activities can include, but are not limited to: **hiking, biking, skating, swimming, running, basketball, soccer, martial arts, tennis, aerobics, working out at a gym, dancing, gymnastics, rock climbing**, etc. You do not have to exert yourself 100% of the time in the 60-90 minutes.
3. The 60-90 minutes of “moderate-to-vigorous” exercise should include a variety of **cardiovascular endurance** (like jogging), **muscular endurance** (like planks), **muscular strengthening** (like push ups), **bone strengthening** (weight-bearing activities), & **flexibility** (like yoga) training.

<https://healthfully.com/107412-endurance-exercises-children.html>

<https://www.healthline.com/health/fitness-exercise/muscular-endurance-exercises>

<https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/>

<https://healthfully.com/525645-flexibility-activities-for-kids.html>

4. **Be aware of your body and mind.** If you are experiencing chronic pain, decreased interest, etc. you need to let a coach or parent know.
5. If the activities in PE are not your first choice, it is important to **discover sports or activities you enjoy** if you are to do it consistently. If the activity you choose is fun, convenient, and motivating, you are more likely to be consistent with it.
6. Periodically **take data** (lap time, jump distance, endurance rate, speed test, arm size, breathing rate, etc.) to see if you are improving and where adjustments need to be made. Do not use this data to compare or compete with others. This data is only for your personal growth and development--to see progress.

<https://www.healthychildren.org/English/healthy-living/fitness/Pages/Energy-Out-Daily-Physical-Activity-Recommendations.aspx>

<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>