

KEYS TO KEEPING YOUR KIDS ACTIVE AND HEALTHY AT HOME

Current events have required changes in our routines and cancellations of events and activities. This has all dramatically impacted all our lives. Now imagine being a child, their routines are disrupted for the foreseeable future, and parents and guardians are scrambling to craft a “new normal” at home. Centers for Disease Control and Prevention recommend children and adolescents perform at least 60 minutes of moderate to vigorous physical activity daily with many educators recommend breaking that into multiple sessions

ONLINE WORKOUTS

There are many wonderful kid specific apps and websites that encourage kids to be physically active. GoNoodle’s movement and mindfulness videos were created by child development experts. Cosmic Kids is another popular platform. YMCA 360, on-demand videos from top instructors around the country for a variety of athletic interests: boot camps, boxing, weightlifting, yoga, and soccer.



SPORTS-SPECIFIC DRILLS

Explore digital options that would allow them to keep working on their game. MOTI Sports, which empowers young players to learn skills in 3D. They can tailor sessions based on how much time you have, whether it is 10 or 60 minutes All they need is a device and a ball.

DANCE

Do your kids like to dance? The super-popular Kidz Bop has 54 dances along videos that have over 4.5 million views.

GO FOR A WALK, JOG OR RIDE

Self-distancing doesn’t mean locking yourself in the house. Go for a walk or bike ride! Of course, you should avoid gatherings of 10 or more people and maintain six feet from others.