Exercise for Children

URL of this page: http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html

Like adults, kids need exercise. Most children need at least an hour of physical activity every day. Regular exercise helps children

- Feel less stressed
- Feel better about themselves
- Feel more ready to learn in school
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

As kids spend more time watching TV, they spend less time running and playing. Parents should limit TV, video game and computer time. Parents can set a good example by being active themselves. Exercising together can be fun for everyone. Competitive sports can help kids stay fit. Walking or biking to school, dancing, bowling and yoga are some other ways for kids to get exercise.

Start Here

  Also available in Spanish [http://kidshealth.org/parent/en_espanol/general/exercise_esp.html]

Overviews

- Physical Activity and Children [http://www.heart.org/HEARTORG/GettingHealthy/Physical-Activity-and-Children_UCM_304053_Article.jsp] (American Heart Association)

Latest News

Nutrition
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/seguirdad/dehydration_esp.html]
- Healthy Eating and Physical Activity across Your Lifespan: Helping Your Child (Tips for Parents)
  Also available in Spanish [http://win.niddk.nih.gov/publications/su_hijo.htm]

Specific Conditions
  (Mayo Foundation for Medical Education and Research)
- Fitness and Your 13- to 18-year-old
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/general/fitness_13_18_esp.html]
- Fitness and Your 2- to 3-Year-Old [http://kidshealth.org/parent/nutrition_center/staying_fit/fitness_2_3.html]
  (Nemours Foundation)
- Fitness and Your 4-to 5-Year Old [http://kidshealth.org/parent/nutrition_center/staying_fit/fitness_4_5.html]
  (Nemours Foundation)
- Fitness and Your 6- to 12-Year-Old [http://kidshealth.org/parent/nutrition_center/staying_fit/fitness_6_12.html]
  (Nemours Foundation)
- Levels of Exercise [http://www.girlshealth.gov/fitness/exercise/levels.html] (Department of Health and Human Services, Office on Women's Health)
- Pilates [http://kidshealth.org/teen/food_fitness/exercise/pilates.html] (Nemours Foundation)
- Raising a Fit Preschooler [http://kidshealth.org/parent/nutrition_center/staying_fit/fit_preschooler.html]
  (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/general/fit_preschooler_esp.html]
- Strength Training and Your Child
  [http://kidshealth.org/parent/nutrition_center/staying_fit/strength_training.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/nutricion/strength_training_esp.html]
- Tai Chi [http://kidshealth.org/teen/food_fitness/exercise/tai_ch.html] (Nemours Foundation)
- Types and Levels of Activity Girls Need [http://www.girlshealth.gov/parents/parentsfitness/levels.html]
  (Department of Health and Human Services, Office on Women's Health)

Related Issues
- Cold-Weather Sports and Your Family
  [http://kidshealth.org/parent/nutrition_center/staying_fit/wintersports.html] (Nemours Foundation)
- Fitness for Kids Who Don't Like Sports
  [http://kidshealth.org/parent/nutrition_center/staying_fit/hate_sports.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/general/hate_sports_esp.html]
- Home and Away: How to Keep Toddlers Active
  [http://kidshealth.org/parent/nutrition_center/staying_fit/active_toddler.html] (Nemours Foundation)
- Make Physical Activity a Part of Your Family's Routine [http://www.letsmove.gov/make-physical-activity-part-of-your-familys-routine] (Department of Health and Human Services, White House, Department of Agriculture)
- Motivating Kids to Be Active [http://kidshealth.org/parent/nutrition_center/staying_fit/active_kids.html]
  (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/general/activekids_esp.html]

Games
- Best Bones Forever [http://www.bestbonesforever.gov/] (Department of Health and Human Services, Office on Women's Health)
Clinical Trials
- ClinicalTrials.gov: Physical Fitness [http://clinicaltrials.gov/search/open/condition=%22Physical+Fitness%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Exercise for Children [http://clinicaltrials.gov/search/open/term=child+%5BAGE-GROUP%5D+AND+exercise+%5BTREATMENT%5D] NIH (National Institutes of Health)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Dictionaries/Glossaries

Organizations
- President’s Council on Fitness, Sports and Nutrition [http://www.fitness.gov/]

Statistics
- Physical Activity and the Health of Young People [http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm] (Centers for Disease Control and Prevention)

MedlinePlus Magazine

Children
- Fitness [http://www.girlshealth.gov/fitness/] (Department of Health and Human Services, Office on Women's Health)

Teenagers
- Cold-Weather Sports [http://kidshealth.org/teen/food_fitness/sports/winter_sports.html] (Nemours Foundation)
• Compulsive Exercise [http://kidshealth.org/teen/food_fitness/exercise/compulsive_exercise.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/compulsive_exercise_esp.html]
• Easy Exercises for Teens [http://kidshealth.org/teen/food_fitness/exercise/easy_exercises.html] (Nemours Foundation)
• Fun Fitness [http://www.youngwomenshealth.org/fitness/index.html] (Children's Hospital Boston)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/motivation_esp.html]
• Sports and Exercise Safety [http://kidshealth.org/teen/food_fitness/exercise/sport_safety.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/sport_safety_esp.html]
• Strength Training [http://kidshealth.org/teen/food_fitness/exercise/strength_training.html] (Nemours Foundation)
• Stretching [http://kidshealth.org/teen/food_fitness/exercise/stretching.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/stretching_esp.html]
  Also available in Spanish [http://win.niddk.nih.gov/publications/haztecargo.htm]
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/exercise_wise_esp.html]
• Yoga [http://kidshealth.org/teen/food_fitness/exercise/yoga.html] (Nemours Foundation)

You may also be interested in these related encyclopedia pages:

You may also be interested in these related MedlinePlus topics:
• Exercise and Physical Fitness [http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html]
• Fitness and Exercise [http://www.nlm.nih.gov/medlineplus/fitnessandexercise.html]

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