Child’s Play

How much exercise do kids really need?

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According to the Centers for Disease Control and Prevention (CDC), children should perform 60 minutes or more of physical activity each day. For little ones, this means informal fun and games and age-appropriate exercises.

In addition, younger people should engage in activities that are moderately to vigorously intense at least three days each week. The trick is to make sure your whippersnappers stay active in school and out, the CDC advises. Kids can strengthen muscles and build their bones while shooting hoops, swimming or running track at school, enjoying recreation time with friends at a playground, climbing trees in the park or participating in gym classes.

These kinds of athletics all count toward keeping youngsters healthy and fit and, best yet, don’t even feel like exercise.

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http://beta.docker.realhealthmag.com/article/childs-play-exercise