

## Wellbeing Poster

With Maple Class having spent this term looking at growing, this week's well being poster looks at Exercise for Children's Growth (taken from [healthy heights.com](http://healthyheights.com)).

### Exercise for Children's Growth and Development

Physical activity is important for children of all ages, providing both mental and physical benefits like improved confidence and stronger bones and it can be fun to find a few activities to keep your child active, quickly seeing the benefits on growth and development.

#### Types of Exercise

When exercising with your child, be creative in your choice of activity to keep them engaged and excited.

There are many types of exercise, each of which contributes differently to physical and mental health.

According to [Harvard Health Publishing](#), there are four primary types of exercise and to see maximum health benefits, an exercise routine should incorporate all four. However, getting your child to participate in one or two is a great start.

**1. Aerobic** - More commonly referred to as cardiovascular or endurance exercise, aerobic activities increase the heart rate, cause breathing to quicken. Endurance exercise helps to increase the functioning of the heart and lungs by improving cardiovascular capacity. For children, these activities do not have to be vigorous and can include:



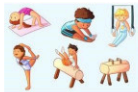
- Swimming
- Skating
- Dancing
- Skipping
- Playing Tag
- Climbing



**2. Flexibility** - Activities that promote flexibility help your child's posture and minimize the risk of injury in other activities. Flexibility will become more vital to their ability to perform tasks as they age and activities include:



- Active play on a playground
- Digging in dirt or sand
- Gymnastics
- Yoga



**3. Strength** - Working against resistance will help your child build strong muscles and bones. The development of adequate muscular strength allows children to move through the demands of everyday life without pain or restriction from their muscles and joints. Activities that promote strength include:

- Climbing stairs
- Playground activities like monkey bars, climbing ladders, or scaling poles
- Lifting and carrying things such as groceries or toys, within the child's ability.



**4. Balance** - As we age, the systems which help to maintain balance begin breaking down. Certain exercises, however, can help slow the progression of this deterioration. Plus, improving balance at a young age can help children feel steadier on their feet. Balance exercises for children include:



- Playing hopscotch
- Walking on a balance beam, or placing tape on the floor and trying not to "fall off"
- Standing on one foot

