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# Foreword

Strong kids do not just appear to be so overnight. There is a lot of effort and some genes that contribute to the strong and healthy body conditions of a kid. Introducing exercise regimens that include some cardio workouts and weight lifting is not necessarily a negative thing to do, and neither will it hamper the growth of the kid in any way.



## ***Stronger Kids***

A holistic approach to an active and healthy lifestyle for children

# **Chapter 1:**

## ***Strong Kids Basics***

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### **Synopsis**

As kids tend to be rather careless with their diets, especially if there is very little parental supervision, there is a definite possibility of the kid retaining a lot of unhealthy fat buildup in the body system. With an adequate exercise program in place there is a good opportunity for the kid to burn off all these negative elements in a fun way and stay healthy at the same time both mentally and physically.

Through the adequate exercise program, there is an increase in the neuromuscular activation point thus causing the large portions of negatively tagged foods to be burned out quickly and effectively.

## **The Basics**

Kids are often encouraged to join some sort of sports program, as this will improve the overall health conditions even if the eating habits of the kids are questionable.

A lot of studies have been able to show that with strength training, there is a definite increase in strength levels in the preadolescent and adolescents phase. The strength training exercise usually doesn't adversely affect the linear growth, either in the short term or the long term time frame growth rate.

It also does not have any negative effects on the cardiovascular health in general.

Besides inculcating good values toward foods and exercises, the strong kids who adopt such measurable platforms seem to function better and more efficiently in any area they venture into. Both psychologically and physically, these kids are able to take on much more than the average kid.

# Chapter 2:

## *Child Obesity Is A Serious Issue*

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### Synopsis

Child obesity today seems to be a common condition and no longer a phenomenon of just a few individuals. This growing trend is both unhealthy and quite alarming, as most parents seem to be powerless to tackle this problem.



## **Serious Issue**

It used to be that most children that were about 20% over their ideal weight would still be accepted as healthy and cute but this is no longer the norm and now research is showing that even this percentage is considered to be unacceptable.

Obesity also creates unnecessary pressure to the child's overall body's systems and thus leaving the child open to diseases and other health deteriorating conditions. Besides the physical negative aspects of being considered obese, there is also the mental aspect to deal with, and most of these children end up suffering from low self esteem, emotional problems and social integration problems.

However, there are some things that can be done to reverse or at least address the fast growing problem. At the infancy stage, the ideal source of food should be breast milk and a delayed introduction of solid foods may be one way of starving off the obesity from occurring.

From early childhood, children should be introduced to only healthy foods and snacks and encouraged to have more outdoor play and exercises. Activities for this age group should be designed around movement of the body and limbs as much as possible and activities where less movements or stationary positions are required should be kept to a minimal.



The older age group of children should also be encouraged to only make healthy choices when it comes to foods and drinks. Less indoor time and more outdoor activities should be encouraged and even insisted upon to ensure the adequate amounts of body movements are evident daily.

Children should also be taught or conditioned to accept that snacking is unhealthy and proper meals should be part of their diet makeup.



# Chapter 3:

## *The Benefits Of An Active Lifestyle*

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### Synopsis

Healthy children are basically happy children, and this is a commonly noted condition. However, of late, most children seem to fall into the category of being unhealthy and this is mainly due to the obesity condition.

Therefore, it would be in everyone best interest to ensure that children live a healthy and active lifestyle.



## **Staying Active**

Children benefit greatly from constant physical, mental and social activities. This is one of the prerequisites of a healthy lifestyle besides the more obvious and important inclusion of proper nutrition and a balanced daily diet plan.

The ideal time frame for physical activity should be at least about an hour a day to help them build healthy bones and this should include activities that strengthen the muscles.

Such activities may include pushups, jumping rope, vigorous aerobic regimens and any outdoor games that require the movements of all body parts and coordination.

Coupled with a healthy diet intake of balanced fruits, vegetables, whole grains, proteins and low fat dairy products the children will be able to starve off any ailments and diseases that would otherwise easily invade their bodies.

Studies have shown that children leading a healthy lifestyle have better mental capabilities than those who take their health for granted or don't treat their health with consideration and respect.

The mental capabilities of a child with an active lifestyle are heightened as the release of the endorphins during activities help the child feel happier and more at peace. Active lifestyles also allow the

child to be able to experience better and deeper sleep patterns, thus keeping the refreshed and alert during the waking hours.

Physically active children also tend to be better at social activities and interactions as their self-esteem levels are high enough to provide them with the confidence to face anything new and challenging. This also decreases the chances of the child being victimized or outcast, as the social interaction skill will present no problems to them.



# Chapter 4:

## *Shut Off The TV And Video Games*

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### Synopsis

Most children today have a lot of negative issues in their life to deal with, and most of this is brought on because of lack of interaction with others. When this lack is evident, the child will feel threatened and low self esteem will also be the dominating factor.



## **Change It**

Controlling the access to the TV and video games will definitely help the child in the long run as this will then force the child to seek other alternative to occupy their time.

The introduction of physical activities such as exercise workouts or out games should be organized and encouraged to ensure the gap is filled effectively and beneficially.

With this curbing of the TV and video game access, the child is also forced to interact with other children and most find this difficult at first but soon adopt to the new condition well.

This form of social interaction is important, as it helps to build social skills, cooperation, and helpfulness, understanding of others' needs and wants and many other good and beneficial skills.

Controlling the TV and video game time is also another way to ensure the child get adequate amounts of physical activity within the daily schedule thus creating the ideal body workouts that will eventually ensure healthy and happy children.

The prevalence of obesity is very dominant indeed in children lacking in outdoor activities and other social interactions, and this has become one of the byproducts of too much TV and video game access.

Most children who grow up around entertaining themselves with TV and video games don't seem to be able to have the sensitivity that is the basis of being human as the lack of interaction with other does not give them a chance to develop this mindset.



# Chapter 5:

## *Outdoor Activities For Your Kids*

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### Synopsis

Outdoor activities should be part of every child's daily physical needs and this will not only help the child to develop well physically but will also help in the mental health and well being of the child.

The following are some recommendations on some of the activities that can be used to stimulate both the mental and physical faculties of a child:





## **Get Outside**

Outdoor activities need not be only done during the daylight hours. Designing outdoor activities that stretch into the night is usually more enticing and exciting for a child. Activities such as watching the night sky, observing insects by night and simple enjoying the time outdoors can be enlightening and interesting.

Games and other social activities that involve other children in the neighborhood is also another way of organizing this to do that require the use of outdoor areas rather than keeping the children indoors and inactive. Encouraging children to participate in activities that require team work will also present an exciting element when the goals achieved are satisfying and worth the effort.

There are also a lot of social programs available, which are usually organized by various organizations interested in promoting social interaction using physical activity. These are often a fun way to meet other children and form strong friendships.

Gardening is also an outdoor activity that is not really explored by most people but children seem to definitely take well to this activity. Seeing the product of their works and efforts will also allow them to feel a sense of accomplishment and satisfaction. This activity can be beneficial in more ways than just ensuring the child is active outdoors as it also helps the child to understand the delicate and intricate workings of plant life as a whole.

# Chapter 6:

## *Keep An Eye On Nutrition*

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### Synopsis

Most unsupervised diet intakes for children are usually lacking in nutrition and certainly less than ideally balanced. Therefore, it is very important to have some supervision or at least instructions that the child can follow to ensure proper nutritious meals are consumed on a daily basis.



## Great Info

The following are some of the more common recommendations, for an ideal nutritional daily inclusion into the diet plan for children:

- For the starchy foods category, potatoes, bread and cereals are a good and often popular choice for children. These could come in the form of pasta, rice, baked potatoes all of which provide the ideal energy, fiber, vitamin and mineral source for the growing child.
- Fruits and vegetable also provide good sources of fiber, vitamins and mineral. Besides this, fruits and vegetables are also a good source of antioxidants.
- Milk and dairy products are ideal sources for the calcium that a child needs for the healthy formation of bones and teeth. The protein needed for growth, vitamins and mineral is also gotten from this source.
- Meat and fish should also be strongly featured in the daily diet plan. Foods such as eggs, pulses, meat and fish provide the all important protein sources for the growing child. It is very important that these foods be prepared in a healthy style on ensure all the nutritional content is not destroyed in the preparation process.

- In some cases, upon the advice of a medical practitioner some vitamins and mineral can be supplemented in the form of daily tablets or chewable.



# Wrapping Up

Children need a lot of nutrition and calories and exercise to ensure proper growth and development, and if they are taught at a young age to seek out such food products, then the overall health conditions of the child will be well taken care of..

