



## Get Moving Instead of Munching

### 4 Great Ways to Get Kids Moving

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**By: Franci Cohen**

Physical activity fosters a healthy body, a healthy mind, and is important for people of all ages-children included. Most health and medical organizations recommend a minimum of 60 minutes of physical activity daily for both children and adolescents. For example, 20 minutes of dodgeball at recess, a 15 minutes walk home from school, and 25 minutes of exercise during gym class.

Here are some easy ways to get your exercise fix:

1. Choose activities that your children enjoy, so they can and will easily incorporate them into their daily routines.

- Jump rope, ride a bike, or play basketball outside when the weather permits
- When indoors, have stair climbing contests or dance to your favorite music
- The key lies in the fun-factor. If it's fun, your kids will do it often!

2. Way to go walkers!

- Walk instead of using the subway, bus, or car every chance you get.
- Transform your carpool to a "walkpool"(where parents in the neighborhood take turns walking kids to and from school).
- Give your children pedometers to track how many steps they take per day. At the end of a given time period, reward the child that took the most steps!
- Walking just 10 extra minutes a day can burn up to 5 pounds a year!

3. Restrict the Remote:

- Limit the use of television, ipads, laptops, and other electronic devices to 1 hour/day on weekends and even less on school days.
- Sign your children up for after-school activities such as gymnastics, ballets, karate, or soccer. Introduce them to other non-electronic ways for them to have fun.

- Sign your children up for their favorite school league or team. Joining the basketball or swim team can only increase physical activity, but can also promote confidence and help build friendships while teaching teamwork!

Children learn by example, so get moving yourself, and invite your children to join you for a family bike ride, or a fast-paced game of hide-and-seek at the park! Family + Fitness=Fun!

## **About**

### **Franci Cohen**

A No Nonsense Approach to Fitness, Health & Your Life at FranciCohenFitness

Franci Cohen is a personal trainer, and a certified nutritionist with a masters degree in nutrition from Brooklyn College. She is also an exercise physiologist and creator of SPIDERBANDS®. This modality is a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health. "We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change," says Franci. "Unfortunately, many people overcompensate and try to change everything at once, which is a disaster. Making lasting change involves going through stages that aren't necessarily linear. People fluctuate and transition between the stages. Knowing how to move through them can get you where you want to be."