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HEADS UP

Kids' fitness strategies • With children home from school during the holidays, now is a good time to start some indoor fitness activities. Here are some suggestions from KidsMakingHealthyChoices.com:

- Walk or run up and down a stairwell multiple times (skip a step for added intensity and effectiveness).
- Jump rope. Just ensure that the child has enough clearance from that cherished vase.
- Dance. Let the kids “boogie” away those calories.
- Calisthenics (push-ups, sit-ups, jumping jacks, etc.) are great exercise and you can hold a friendly competition.
- Hula hoop. Again, clearance from breakable items is key here.
- Crunches. Let the kids watch TV but challenge them to do as many sit ups as they can while the commercials are on. Do this for at least one full TV program, which usually has at least three or four commercial breaks.
- Shadowboxing is a great way to work the arm, leg and core muscles while also getting the heart pumping for some nice calorie-burning cardio. Kids will have fun showing you how they can “float like a butterfly and sting like a bee.”
- Yoga is great for developing body coordination and balance.

To submit items, email them to heads-up@post-dispatch.com or fax them to 314-340-3050.

