

 Your Guide to Health+Beauty

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fitnessessentials

indoor fit tips for kids

KEEP YOUR LITTLE ONES ACTIVE WITH THESE FUN AND EASY EXERCISE IDEAS.



With so many electronic devices available today, it's easy for kids to spend too much time on the couch. But parents can—and should—help them to get active, says child health advocate Merilee Kern. As the creator of a fitness-focused kids' app, Kids Making Healthy Choices, and author of a storybook with the same name, these are some activities she recommends for kids of all ages:

Twirl a Hula-Hoop

Jump rope

Dance to their favorite music

Shadow box, and have them show you how to float like a butterfly and sting like a bee

Walk or run up and down stairs a few times

Do pushups, situps and jumping jacks

Do crunches during TV commercial breaks

Play video games that involve dance or sports moves

Whether you and your kids enjoy these activities or others, it's important to make movement a part of their lives. "Persevere and be creative," says Kern. "There is a way it will work for your child." For more information, visit KidsMakingHealthyChoices.com.

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