

# Types of Exercise

It's important to remember exercise is just one part of staying healthy. Children should also follow a healthy diet. Talk to your child's doctor if you have any questions about your child's diet or activity level.

## Being active has many health benefits:

- Helps build strong bones and muscles
- Lowers risk of having diabetes and heart disease
- Reduces anxiety and depression
- Helps children sleep better

Source: [www.kidshealth.org](http://www.kidshealth.org)



**Endurance** – During endurance or aerobic exercise, your heart beats faster and you breathe harder. This type of activity is important because it makes your heart stronger. Some endurance exercises include:

- running or fast walking
- swimming
- skating
- dancing
- jumping rope
- riding a bike
- playing games like soccer, tag or basketball.



**Strength** – Strength exercises build healthy bones, joints and muscles. They also help protect your body from getting injured. Some examples of exercises that help you get stronger are:

- Push-ups
- Crunches/sit-ups
- Playing on a jungle gym
- Climbing trees
- Gymnastics



**Stretching** – Stretching is important because it helps our bodies move the way they are supposed to. When you stretch your muscles and joints move easily, which helps prevent injuries. There are lots of ways to stretch. Kids stretch when they do things like:

- Try to get a toy that is just out of reach
- Bend over to pick something up from the ground
- Practice the splits or a cartwheel