

Exercise Chart for Kids

What is an exercise chart for kids?

An exercise chart for kids is an amazing tool to keep track of your child's exercise activities on a daily basis. These charts help in assigning exercises for children.

What are the benefits of an exercise chart for kids?

The benefits of an exercise chart for kids is that it helps children to maintain their weight and protect themselves from harmful diseases. Most importantly, it enables children to strengthen their mind and body for a healthy life.

A few tips for using an exercise chart for kids are mentioned below:

- **Encourage children to do exercise on a daily basis:** You need to encourage children to do exercise for their growth and development. It is necessary to make them understand how important exercise is for their healthy mind and body.
- **Incorporate kid-friendly exercises:** There are substantial lists of exercises that can be included in the exercise chart for kids. But, you need to keep in mind that all the exercises may not be appropriate for children as per their age and stamina. In such cases, you need to incorporate exercises that are suitable for young children. Most importantly, include exercises that are easy for children to do.
- **Set timelines for the exercise:** Practicing a healthy lifestyle religiously is very important. This habit has to be inculcated in the growing years of their life. To follow the routine in a systematic way, you need to set timelines for doing exercise. You can set their alarm for exercise in the morning or evening. But, make sure that they complete their exercise within the given time. Depending on their willingness to do exercise, you can keep 15 to 30 mins of time for the exercise on a daily basis.

- **Keep track of their exercise:** You can keep track of your child's exercise on the chart. Once they complete doing the exercise, you can give points on a daily basis.
- **Offer rewards:** To encourage your children to do exercise, you can keep a reward system for their performance. Once your child completes the exercise assigned on the chart, give them rewards for their effort. You can give exciting gifts after they have completed the exercise for the whole week. This gesture motivates them to work harder and complete the exercise within the given time.

Some of the benefits of an exercise chart for kids are mentioned below:

- **Maintains body weight:** Doing exercise on a daily basis helps children to stay fit. They do not put on too much weight nor become too lean by doing exercise. With the help of an exercise chart for kids, they are able to maintain their weight as per their BMI (Body Mass Index).
- **Protects children from health problems:** Exercise reduces the risk of contracting diseases in children. It strengthens bones, muscles, heart, lungs, etc., in the body. It protects children from infections and chronic disorders.
- **Tracks their physical activities:** Using an exercise chart, you can easily track their activities and give points after they complete their exercise.
- **Enhances emotional well-being:** Once your child does exercise, they feel calm and relaxed all the time. It enhances their emotional well-being for a peaceful life.
- **Increases energy level in children:** It helps children in increasing their energy levels. They are less likely to remain inactive throughout the day. They are able to concentrate on their daily activities more effectively.

****Have fun creating your own Family Exercise Charts!****

Exercise Chart Sample

Fitness Fun!

My Goal: Complete each exercise every day.

Mon Tue Wed Thur Fri Sat Sun

15 Jumping Jacks _____

15 Sit Ups _____

15 Squats _____

15 Lunges _____

15 Push Ups _____

15 Toe Touches _____

15 Leg Raises _____

15 Arm Circles _____

15 Knee Raises _____

Play Outside 30 min. _____



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