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# 303 Kid-Approved Exercises And Active Games (SmartFun Activity Books)



## Synopsis

With game consoles and the Internet, children are playing as much as they always have—but now, they sit still while doing it. Kids spend as much time watching TV, using computers, and playing video games as they spend in school each week. One in every three kids in America is considered overweight or obese, and the number one concern that parents bring up to pediatricians is keeping kids fit. Half of all children are not physically active enough for the development of a healthy cardiovascular system.

**303 Kid-Approved Exercises and Active Games** helps 6-8 year old kids get off their chairs with fun and age-appropriate exercises. Exercise for children must be fun. These exercises have been used for personal training sessions, kids fitness classes, kids fitness camps, birthday parties and in schools; they have all been “Kid-Approved”.

Kimberley Wechsler, a specialist in Kids’ Fitness, took into account the fundamental attributes of being a child while developing these exercises. Children have specific physiologic differences that make them unique. They grow, mature, and develop skills at different ages, so what may be skill appropriate for one child could be harmful for another child. These exercises reflect the emotional, social, physical level of this age group. At this age, children feel confident with the basic skill of fitness and are now ready to be challenged to more complex moves. They are now at the skill level in which physical challenges like balance, muscle building, hand-eye, hand-foot coordination, increasing challenges for their fine and gross motor skills, and functional training can be more added. They are growing in their intellectual and emotional processes as well, which now allows this age group to follow and understand simple rules of a sport. They are also introduced to the concept of friendly competition and sports fitness. Children also enjoy using their imagination and fantasy, so exercises require the use of their imagination. There are games and fitness challenges that require kids to take an active role in learning new skills, and there are introductions to new sports. Kids still enjoy outside participation so families, friends, educators and counselors can participate in all of the 303 activities. Kids at this age can’t seem to sit still—their minds are always thinking and their bodies are always moving. Children have short attention spans, so most of the activities can be played within a 15 minute period of time and many choices are offered throughout the book. **303 Kid-Approved Exercises and Active Games** supports children’s energy and directs it in a positive way; the activities take advantage of a child’s natural tendency to be active with unstructured or free play. **303 Kid-Approved Exercises and Active Games** develops intellectual, emotional, and social skills for children, all the while promoting an active and healthy lifestyle.

## Book Information

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Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #286,486 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #702 in Books > Education & Teaching > Schools & Teaching > Education Theory > Philosophy & Social Aspects #1059 in Books > Education & Teaching > Studying & Workbooks > Workbooks

Age Range: 6 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

"I'm a clinical psychologist working primarily with kiddos. I've purchased the school aged exercise/active game book and I think they are both amazing. I've found that the activities in these books come in handy particularly when running support groups/therapy groups. I can't wait for the opportunity to use these in my next group."&#8212 Sade Carswell, Net Galley Reviewer

Kimberly Wechsler has a Bachelor of Science from Texas Christian University. After having two sons she became a health and fitness trainer. In the past 20 years she received nine certifications in fitness instruction and personal training, has been a dance instructor, fitness instructor specializing in kid's fitness, personal trainer, a physical education teacher, a health coach, master aquatics trainer, muscle conditioning and flexibility coach, Pilates instructor and student of Integrative Nutrition. She has lectured at numerous fitness seminars, taught cooking classes, hosted a television show, been a national presenter at health and fitness conferences, developed five successful summer fitness camps for kids in Massachusetts, volunteered as a coach for The Boys and Girls Clubs of America, and served on the Governor's Council and President's Council of Youth Fitness. In 2011 she founded a non-profit organization, Replay4Kids and since 2009 is the CEO of Fitness Productions LLC, a company that designs and searches for quality products that will

guide and support families to a healthier, more balanced life in natural health, nutrition, fitness, personal growth and creative expression. To learn more visit [www.loveyourworkout.com](http://www.loveyourworkout.com) She makes her home in Frisco, Texas.

I am glad I purchased this book. It has great ideas for games and exercises to use with your students. I used some of the game ideas at a family picnic we had. You won't regret buying it.

This book has such a timely message for today's world. The whole heart of the book is to motivate kids to exercise in a fun way. So many of us see a remnant of children disconnecting from physical activities that are so healthy for you to do and instead, many are choosing to play video games all day. What I especially like about the approach here is being motivated by a physical activity or game that helps kids feel good. As the title suggests, there are tons of sports and games to discover. Plus, in the end notes you'll find an alphabetical list of games. As a piano teacher, I was interested in games that require musical accompaniment, such as move to the beat and bounce to the beat. I was not disappointed. This is a great collection of exercises and activities for families with young children. Children will feel pleasure and satisfaction in the things that they do and accomplish here with balance, coordination and teamwork.

Kids are spending way too much time indoors, sitting in chairs watching movies and playing video games. Kimberly Weschsler has come up with various exercises and games that will get your kids moving. There are stretches and exercises that you can do with your child in your own home. She has included ways to motivate them and keep them having fun. Even having them do their chores while walking backwards, or making laundry a game by shooting their clothes into the baskets all encourage activity and fun while doing regular chores. In fact, all of the exercises in this book will not only benefit the kids but the adults as well. There are plenty of basic exercises and stretches that you can incorporate into your daily routines. Some of them even require you to do them as partners like the Towel Tug of War. Besides focusing on fitness and exercise for individuals, there are several group activities that encourage kids to be active. This was the part of the book I was most interested in because I run an after school program for kids and we are always looking for ways to keep them active and busy. One of my favorites was one I had forgotten about, the Back-to-Back race. Several of these would also be great for family reunions or summer camps. There are also ideas for making your own obstacle courses which are perfect for the summer months. If you are looking for fun, new ideas for getting your kids moving both indoors and out, check out this book and be ready to get

active with your kids!

Every parent should read this book, great ideas and so helpful..As a parent it has been very helpful spend quality and healthy time with my child..Highly recommended

My kids absolutely love these games. Every sunday the family flips through this book and picks a game, very happy I picked this up :)

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