303 Kid-Approved Exercises and Active Games

By Kimberly Wechsler

Hunter House Publishers. Paperback. Book Condition: New. Michael Sleva (illustrator). Paperback. 144 pages. Dimensions: 8.9in. x 6.0in. x 0.5in.With game consoles and the Internet, children are playing as much as they always havebut 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...

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