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# WONDEROPOLIS INQUIRY PROJECT

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## How Often Should Kids Exercise?

### Have you ever wondered...

- How often should kids exercise?
- What exercises are safe for kids to do?
- Why is it beneficial for kids to exercise?

### Did you know?

Are your children sitting in front of the tv for more than two hours a day ? According to research your child should be getting an hour of moderate to vigorous exercise everyday. exercise is important in helping children stay fit ,healthy and get a good night's sleep.

There are many exercises that are safe for kids.I thought dancing was just for fun but believe it or not you actually get exercise. Another safe exercise is...yoga. who knew that yoga was an exercise.I thought playing ball was a game but it is a safe exercise for kids.You could take the stairs instead of the elevator to burn off some calories. Playing with hula hoops and jumping jump ropes is a good exercise.

It is beneficial for kids to exercise because they will have stronger muscles and bones. They are also less likely to be fat. exercising might lower your blood pressure and exercise can help make you flexible . It also makes you feel good. 70% of 13-15 year olds are active. Most of inactive kids are 16-17 years old.16% of the U.S.A 6-19 year old kids are overweight.

The next time you see your kids on the couch kick them off and send them outside to play for at least one hour. Remember your child's health is at stake. Simply playing outside can help your child's health.

### Wonder words to know and use:

- exercise
- vigorous
- inactive
- moderate
- calories
- instead

