

KEIKI FITNESS FUN



ENTERTAINING ACTIVITIES THAT WILL PRAISE YOUR CHILDREN'S HEART PAGES!

Hula Hooping provides an excellent cardiovascular workout.

Encouraging children to live an active lifestyle does not need to be strenuous or expensive. Read on to discover three affordable and fun ways children can be introduced to physical fitness.

Hula Hoop: This circular toy is more than 100 years old, inexpensive, easy to store, and a great way for everyone, kids

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and adults alike, to exercise. Hula hooping provides an excellent cardiovascular workout while strengthening the core, hip, back, and leg muscles. Plus, hooping can

be an excellent way to involve the whole family in a fitness activity. Everyone will enjoy seeing who can hula hoop the longest or who can keep the most hoops going at one time. You can also test how everyone fares hula hooping on various parts of the body (such as arms, hips, chest, or neck). While hula hooping gives your family a great workout, it also provides you with an opportunity to bond doing something that is enjoyable as much as it is amusing.

Playing Ball: A beach ball is a great physical fitness tool to use with young children. Babies who can hold their heads up will giggle with delight when you rock them tummy-down on a beach ball. This simple activity will help strengthen the muscles babies need to sit up by them-

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selves. By tying a string to the stem of a beach ball, you can make a toddler-safe tetherball that can be attached to a low tree branch. Toddlers will delight watching the ball swing back to them after it's been hit, and they will enjoy trying to punch the ball again. Beach balls are the right size and softness for preschoolers to develop their kicking skills. As children practice, their kicking will become more accurate and purposeful. This affordable toy introduces children to an assortment of physical fitness activities in safe, non-threatening ways while improving their motor skills.

Jump Rope: Toddlers and preschoolers might not have the coordination to jump rope, but this toy can give them a workout. A jump rope laid straight on the floor surrounded by pillows can become a bridge over a crocodile-filled lagoon. Children will enjoy walking across the bridge, extending their arms to ensure that the crocodiles don't get them. To help children improve their sense of balance, change the ropes shape into an S or W.

Another imaginative activity involves children jumping over the "snake." Have another adult hold one side of the rope, or tie it onto the base of a tree or pole. Children can hop over skinny snakes that you make by shaking the jump rope from side to side. Slowly make your snakes wider, making children leap farther. If you do not have a long jump rope, you can purchase rope at a local hardware store. Two yards of rope is long enough to do both of these activities with your child, which are wonderful ways to exercise both the body and imagination.

These affordable activities introduce children to physical fitness and provide families with fun opportunities to create memories that will last a lifetime. 🌈

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