

Kid Fitness Programs

Kids' fitness is a major concern today with several kids becoming overweight or even obese by the time they reach their teenage years. Over 40% of the kids in the US are believed to be overweight. Even though obesity is often believed to be because of genetic factors or because of over-eating, lack of proper exercise is also a major reason for obesity among children. There is an imbalance between activity and diet that causes even children who eat normally to put on excessive weight. Obesity is determined by calculating the body mass index, which is the ratio between the height and the weight. A BMI between 17 and 23 is considered healthy. Anything higher than this is considered to be obesity. These days, there are special fitness programs exclusively for kids. These include exercises, healthy nutritional plans, and even emotional strengthening. Kids' fitness programs are designed to be a lot of fun. They are also designed based on their age. Kid fitness programs are comprised of several activities like: T-ball, hockey, soccer, basketball, lacrosse, flag football, track and field, boxing, kickboxing, and martial arts. There are also special fitness programs that use unique skills like dancing, ballet, cheerleading, gymnastics, and yoga. Kids should also be encouraged to participate in rigorous activities like tag, chase, jump rope, random running, racing, swimming, cycling, and walking. There are also fitness programs that involve the whole family. These are a great way to incorporate healthy living into the entire family's routine, so that the kids do not feel alienated when they have to exercise alone. Nowadays, many summer camps are incorporating fitness programs into their regimes. There are also special fitness programs for kids with disabilities.

About the Author

Life Fitness today announced that it would include seamless iPod integration in its. The first Life Fitness product featuring iPod integration.

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