

Research has shown that kids benefit from physical activity -- it's good for their health and your sanity. Some of the proven benefits include:

Weight control  
Reduced risk of disease  
Improved  
Increased endurance  
Increased muscular strength  
Improving learning  
Aiding in healthy growth and development  
Building self-esteem  
Keeping kids out of trouble  
Creating a lasting bond between parents and children  
But more than anything, playing kids fitness games can be just plain FUN!

#### Exercise Activities for Kids

Badminton  
Baseball/Softball/T-Ball  
Basketball  
Bowling  
Bike Riding  
Dancing: Turn on the music and shake your groove thang.  
Dodgeball  
Field Hockey  
Flag Football  
Football  
Frisbee  
Golf  
Hockey  
Hula Hoop  
Horseshoes  
Jump Rope/ Double dutch jump ropes  
Jumping jacks  
Kickball  
Lacrosse Long Jump  
Limbo  
Lawn Bowling  
Martial Arts  
Ping Pong  
Popcorn pushups: Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each thrust.  
Rock Climbing  
Soccer  
Swimming  
Track and Field/ Running  
Tennis  
Volleyball