

# Ten Tips for Building Fit Kids

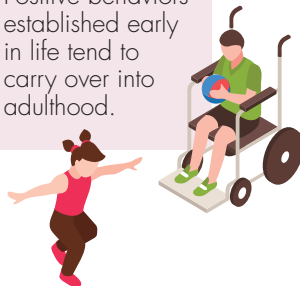
## The Big Picture

Physical activity (PA) is a learned behavior that is influenced by a child's family, friends and environment.



## Start Positive

Positive behaviors established early in life tend to carry over into adulthood.



## Have Fun!

Children participate in PA to have fun, make friends and learn something new.



## Mix it up

Sport diversification early in life should expose children to a wide variety of physical activity and movement experiences.



## Improve Physical Fitness

Children should participate in exercise and sport programs to enhance both health- and skill-related components of physical fitness.



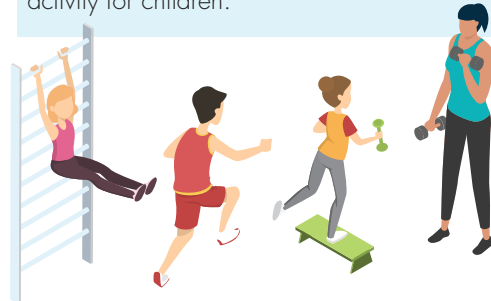
## Develop Movement Skills

Fundamental movement skills such as jumping, kicking and throwing are learned movement patterns.



## Build Strong Muscles and Bones

With qualified instruction, resistance training using bodyweight, simple equipment or free weights, can be a safe, effective and enjoyable activity for children.



## Raise the pulse

Children should regularly take part in vigorous exercise, which requires activities that really raise heart rate and get children out of breath.



## Just Move!

All types of PA – whether continuous, sporadic or in bouts – are beneficial for children.



## Stay Active

Children should engage in PA throughout the day with active transportation, physical education, recess, recreational exercise, sport activities and outdoor play.



**AMERICAN COLLEGE**  
of **SPORTS MEDICINE**  
LEADING THE WAY

[www.acsm.org/read-research/books/essentials-of-youth-fitness](http://www.acsm.org/read-research/books/essentials-of-youth-fitness)