



WELCOME TO SKYFITNESS

KIDZ ZONE EVENTS

- SKYFITNESS - KIDZ ZONE (ALL AGES)
COME DANCE WITH SKYLER AND GET A GOOD WORKOUT IN THATS IDEAL FOR KIDS OF ALL AGES! APPROPRAITE DANCE MOVES MIXED WITH WORKOUT MOVES THAT INSTALLS A HEALTHY PATTERN INTO YOUR KIDS.
- CHILD SPORTS DEVELOPMENT PROGRAMS
Does your child wish to progress in any sport at a faster pace than average young athletes? Coach Tyler and her mini assistant Skyler, are trained to develop any child (or adult) to reach their top potential with 1on1 coaching for strength, endurance, speed and mindset training!

AT SKYFITNESSS WE BUILD THE POSITIVE MINDSET YOUR CHILD WILL NEED TO DEAL WITH THE EVERYDAY STRUGGLES OF GROWING OLDER! THE CHILDREN ARE THE FUTURE.. LETS TAKE CARE PRECIOUS CARE OF THEM!



STAR TRACK TEAM

STAR TRACK TEAM *** COMING TRACK AND FIELD HELPS YOU GET READY AND PREPARED TO BE THE BEST IN NY SPORT OR ANY LIFE CHALLENGE PERIOD. EQUIPPED YOUR CHILD WITH HARD WORKING DEDICATED WORK ETHICS THEY NEED TO CONQUER LIFE!

Contact **COACH Tyler** at **TYFITNESS@YAHOO.CO**, you have any further questions.

Watch out for more information in next week's newsletter

TYPES OF LEARNERS



VISUAL

learn what they see



KINESTHETIC

learn what they do



AUDITORY

learn what they hear



STRESS

learn what stresses them



EASE

learn what relaxes them



SCRIBBLE

learn what they write out



TRUST

learn from authority



TEACH

learn from teaching



COPY

learn what they can copy





IMPORTANCE OF CHILDREN FITNESS

The Many Benefits of Exercise

Everyone can benefit from regular exercise. Active kids will have:

- stronger and healthier muscles and bones
- healthy lifestyle habits used through life
- 100% percent lower risk of obesity
- a lower chance of getting type 2 diabetes
- lower blood pressure and blood cholesterol levels
- a better outlook on life



Along with the health benefits of regular exercise, fit kids sleep better. They're also better able to handle physical and emotional challenges – from running to catch a bus to studying for a test.

Children in todays generation face serious problems if not addressed at an early age..

Kids and teens are sitting around a lot more than they used to. They spend hours every day in front of a screen (TVs, smartphones, tablets, and other devices) looking at a variety of media (TV shows, videos, movies, games). Too much screen time and not enough physical activity add to the problem of childhood obesity and mental disorders developed in later years.

The American Academy of Pediatrics (AAP) recommends that parents:

- *Put limits on the time spent using media, which includes TV, social media, and video games. Media should not take the place of getting enough sleep and being active.
- *Limit screen time to 1 hour a day or less for children 2 to 5 years old.
- *Choose high-quality programming and watch it with your kids to help them understand what they're seeing.
- *Keep TVs, computers, and video games out of children's bedrooms.
- *Turn off screens during mealtimes.

How Much Exercise Is Enough?

Parents should make sure that their kids get enough exercise. So, how much is enough? Kids and teens should get 60 minutes or more of moderate to vigorous physical activity daily.

Toddlers and preschool children should play actively several times a day. Toddlers should get at least 60 minutes active play every day and preschoolers should have at least 120 minutes active play every day. This time should include planned, adult-led physical activity and unstructured active free play.

Young children should not be inactive for long periods of time – no more than 1 hour unless they're sleeping. And school-age children should not be inactive for periods longer than 2 hours.

Raising Fit Kids

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle.

Physical Activity and Academic Achievement

Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).^{14, 15}

Higher physical activity and physical fitness levels are associated with improved cognitive performance (e.g., concentration, memory) among students.^{14, 15}

Consequences of Physical Inactivity

Physical inactivity can lead to energy imbalance (e.g., expend less energy through physical activity than consumed through diet) and can increase the risk of becoming overweight or obese

Increase the risk of factors for cardiovascular disease, including hyperlipidemia (e.g., high cholesterol and diabetes), high blood pressure, obesity, and insulin resistance and glucose intolerance

Increase the risk for developing type 2 diabetes

Increase the risk for developing breast, colon, endometrial, and lung cancers as adults

Lead to low bone density, which in turn, leads to osteoporosis posture



CLICK THE PICTURE ICONS FOR MORE INFO ABOUT CHILDRENS HEALTH