



Dear parents,

As part of the project TigerKids you will receive newsletters, each one providing information on a certain topic. This newsletter will deal with the topic "Exercise is fun". We would like to give you some tips and tricks on how to create ways and means to maintain your children's fun with exercise in today's increasingly technological environment.

Children should be able to release their natural urge to run around, climb, romp about and play.

We hope you will enjoy reading it and trying it out!

The Stiftung Kindergesundheit and the Siemens-Betriebskrankenkasse (SBK) campaign together for the early promotion of a healthy lifestyle for our children!

EXERCISE IS FUN

Give them the opportunity!

It used to be natural for kids to spend the afternoon outside playing soccer, Chinese jump rope, „cops and robbers“ or hide-and-seek. They climbed trees „scrumping“ apples from the neighbour's garden or built themselves a „house“ in a nearby forest. This used to be the „normal“ environment for children. These were the conditions that children grew up with, developed in and learnt from. The conditions that children grow up in are adapted to the environment, technical progress and society, and thus to the lifestyle.

Only 20 years ago, children were able to test their own abilities in everyday life and automatically train their motor skills. Nowadays, this cannot be taken for granted. Our children's living environment has changed drastically.

Our children's scope is becoming smaller. They increasingly occupy themselves with passive activities. The era of television and computer makes couch potatoes out of actually active kids. In cities in particular, children's freedom of movement is so restricted that playing outdoors can be and is only allowed under supervision, or that they have to stay indoors most of the time.

Nowadays, in everyday life, their natural urge to move is often suppressed by sitting in the shopping trolley, sitting in the car or sitting in front of the television. The modern, technological environment tempts us to restrict movement – we use the escalator or elevator instead of climbing stairs, the bus or car instead of walking, we do home banking or order online instead of going shopping in town.

If parents behave in this manner, their children will also become inactive and lazy. On the one hand, children are becoming increasingly inactive and on the other hand they are also being increasingly exposed to more and more visual and acoustic stimuli. In the early days of television, there was a „children's programme“ on TV for 25 minutes twice a week. By contrast, today, television has long reached the age group of toddlers and provides a round-the-clock programme seven days a week. According to various studies quite a lot of parents use the television as a babysitter or „sedative“. Watching television for too long or too often (and the same applies to playing computer games) can increase the potential for aggression and frustration – something that plenty of exercise can balance out.



THE ACTIVE PAGE

10 tips for more action

1. Motivate your child to sit down as little as possible.
2. Reduce (inconspicuously) the time for watching television and playing computer games.
3. Design your home and children's rooms in an exercise-friendly way.
4. Give your children toys that require them to move: ball, trampoline, skipping rope, Chinese jump rope,...
5. Make use of all the suitable facilities for movement that are on your doorstep and in your immediate vicinity. Show your child which safe exercises and games they can do or play there.
6. Instead of taking the lift, climb the stairs. Remember to be an example for your children.
7. Use breaks from your housework to go for short walks with your children rather than having coffee and cake.
8. Join in being active. Walk regularly with your children. Park the car, get off the bus two or three stops early and walk! A minimum of 30 minutes exercise on a daily basis would be great! When playing „taxi-driver“ for your children, restrict it to the absolute minimum.
9. Join in with other „active“ parents!
10. At the weekend, plan a trip to the swimming pool or a walk. Also include plenty of exercise in your holiday plans!

Fire, water, lightning – a game for the whole family



Age: 3 years +

Material: none

Instructions: This game combines endurance and responsiveness in a very sensible way.

Certain fixed points are set:

Fire, water etc. The persons playing (children, and adults can also join in) walk around without obstructing each other.

One person, who can also be walking, shouts e. g. „water“ whereupon everybody has to run to the fixed point as quickly as possible and lie down on the ground. After the „all clear“ is given, it starts all over again.

Variant: The signals can also be acoustic.

Company information

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