



Dear parents,

As part of the project TigerKids you will receive newsletters, each one providing information on a certain topic. This newsletter is about the topic "Children and exercise". Children who already suffer from being overweight, in particular, do not find it so easy when people (well-meaningly) say: Come on, get some more exercise! Something else of interest: Fit children need fit parents!

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!

THE MOVING CHILD

Exercise and the development of children

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Exercise is necessary for the healthy development of children, for the development of the brain, the muscular system as well as the nervous system.

Children should be given the opportunity to enjoy their natural urge to move, otherwise the following problems could occur.

- ➔ Learning disorder
- ➔ Posture problems
- ➔ Perceptual disorder
- ➔ Coordination disorder
- ➔ Emotional disorder
- ➔ Behavioural disorder

When the musculoskeletal system and sense of balance are sufficiently developed in a child, fewer injuries and falls occur.

By the way, children need more exercise for their healthy development than adults need to maintain their health! Children simply have to enjoy and live their urge to romp about, run, jump, climb or balance.

Feel-good exercise

An imbalance between energy intake and energy consumption means that more calories than the body needs are consumed every day. In the long run this means that body fat and body weight increases. Possible causes of overweight are:

- ➔ Excess supply of energy, i. e. the child eats too much or the wrong things e. g. too many high-fat foods,
- ➔ Low energy consumption, i. e. the child does not get enough exercise,
- ➔ Excess supply of energy and low energy consumption at the same time.

With the right food and more exercise, games and sport, children can equalise their energy balance. their weight stays or becomes normal and feel comfortable in their own skin.

Overweight children in particular often have bad experiences when it comes to sport. Because of their overweight, they are not as good as their age-mates in some games, and thus have less practice and get teased. They lose interest in sport. This is where the vicious circle begins. They exercise less, spend more time in front of the television and may start comfort-eating.



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It is important that these children regain their interest in exercise in order to persevere. Exercise for overweight children should be adapted individually to their needs:

- ➔ It is easier to exercise if the „sports equipment“ carries some of their own weight, as is the case with tricycles or scooters, for example.
- ➔ There should be enough time to do their „favourite sport“, preferably every day or at least twice a week.
- ➔ Exercising together in a group is easier and more enjoyable. It is more fun to play at the playground with children from the neighbourhood or at the mother-child gymnastics.



- ➔ At this age, the “best group” is the family. The little ones can certainly join in simple sports such as playing ball, swimming or cycling.

An important „side effect“

Not only does exercise burn calories, it also prevents comfort eating out of boredom. Those who enjoy playing games and doing sports outside do not have time to think about food.

Exercise together with your children

Children’s level of physical activity depends very much on how sporty their parents are. Children of active parents do significantly more sport, sport is more important to them they are fitter physically. However, it is not enough for the parents to be sporty if they do not include their children in their sport. Your little ones can certainly join in when it comes to cycling, hiking, walking and swimming.

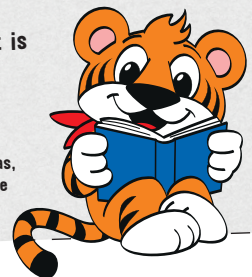
Overweight, obesity – what is that?

Childhood and adolescent obesity is an increasing health problem in all industrial nations and thus also in Germany. Because of obesity as a contributory factor, secondary diseases that have so far been seen mainly in older people ^[1], such as diabetes mellitus type 2 or cardiovascular diseases, are now seen in very young children.

In general we speak of overweight when the body fat of a person is higher than it should be for a person's age.

Very serious overweight is called obesity (adiposity) (from adepos = fat)

^[1] KIGGS-Basiserhebung Adipositas, Robert-Koch-Institut, www.rki.de



Company information

Publisher & Responsible body for the programme: Prof. Dr. med. Berthold Koletzko, Leiter der Abteilung Stoffwechselkrankheiten und Ernährungsmedizin, Dr. von Haunersches Kinderspital, Klinikum der Universität München, Lindwurmstr. 4, 80337 München

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As of: 8. Auflage 2019

Gefördert im Rahmen der Gesundheitsinitiative Gesund.Leben. Bayern, des Bayerischen Staatsministeriums für Umwelt und Gesundheit
Photos: shutterstock **Illustrations:** Henk Wyniger
Layout: Cornelia Sekulin