

303 Tween-Approved Exercises and Active Games



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(Jamarcus Runolfsson)

303 TWEEN-APPROVED EXERCISES AND ACTIVE GAMES



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Hunter House Publishers. Paperback. Book Condition: New. Michael Sleva (illustrator). Paperback. 168 pages. Dimensions: 8.9in. x 5.9in. x 0.5in. This book is not just for classrooms or families with overweight or unhealthy kids--every family that has children with televisions, computers, and/or video games under one roof should take care to exercise regularly. Tweens spend as much time sitting down watching TV, playing video games, or using computers as they spend in school each week. According to statistics from the U. S. Health and Human Resources Department, one third of American children are overweight or obese due to our lifestyle choices. The number one concern that parents bring up to pediatricians is keeping kids fit, and half of all children are not physically active enough for the development of a healthy cardiovascular system. In this age of electronic media, where we become watchers instead of doers, we are simply forgetting the many wonderful ways of playing and exercising together. Tweens in particular are susceptible to overweight issues; the drop-out rate of structured sports programs is highest at this age group. 303 Tween-Approved Exercises and Active Games is written specifically for kids ages 9-12 years old. Kimberley Wechsler, a specialist in Kids Fitness, took into account the fundamental attributes of being a child while developing these exercises. Children have specific physiologic differences that make them unique. They grow, mature, and develop skills at different ages, so what may be skill appropriate for one child could be harmful for another child. These exercises reflect the emotional, social, physical level of this age group. Children of this age group are now at the skill level in which physical challenges like mind, body, meditation, balance, muscle strengthening, and sport performance building exercises become very important. Sports skills and drills can now be developed, and competition is...



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