



TIP OF THE MONTH

How Can I Keep My Kids Active This School Year?

We don't know what the 2020-21 school year will look like. Whether or not you're leaning

towards an in-school, at-home, or combo curriculum, we wanted to help parents navigate a physical activity schedule. Exercise is important for children. It reduces stress levels, **improves brain function and concentration abilities**, and promotes healthy living habits that they can carry into adulthood. The CDC recommends that school-aged children (6-17 years) should have at least **1 hour of moderate to vigorous exercise each day**. So how do you add that into your day-to-day? Well, we're glad you asked!

Elementary School Kids

Elementary is a fun age. The attention spans are shorter, so you may consider breaking up your hour of exercise into 15-20 minute increments throughout the day. Most of the activities should be aerobic, but you'll want to include some strengthening exercises throughout. Here are some of our ideas:

- **GoNoodle – GoNoodle** is a free online resource and YouTube channel that features kids and young adults dancing to fun songs and having fun. The videos are all around 2-3 minutes long and encourage the kids to participate.
- **Go for a Walk** – Taking a break to go on a walk is a great way to keep your kids active. Find a favorite spot and let your child run around and explore the outdoors.
- **Strengthening Activities** – Have fun with this one. Turn your home into an exercise obstacle course. Some great strengthening exercises or activities to include are Crab Walking, Jumping Rope, Sit-ups, Push-ups, Supermans, and Cartwheels
- **The Floor is Lava** – The floor is lava combines, balance, running, jumping, and is, to say the least, a ton of fun. If you and your child need a brain break, an impromptu round of the floor is lava is a great way to get your kids moving.

Middle School Kids

Middle School aged kids have a longer attention span. Consider a designated time for physical activity each day. Having a set schedule with known expectations makes it easier for a student to prepare.

- **Go for a Bike Ride** – Riding Bikes is a great way to get the heart pumping. Find new routes and places to visit on your bike to help keep it interesting.
- **PE Universe** – This is a **great resource for parents** looking for ways to incorporate physical activities into the day. They have lesson plans and games that will help keep things fun.
- **Strengthening Activities** – Carve some time into your schedule for strengthening exercises. Some great exercises for students include push-ups, sit-ups, squats, and lunges.
- **Online Exercise Classes** – There are many online resources and apps that can help your kids stay active. From Yoga to Karate, you can easily find a class and incorporate these into your schedule. All you need is some space.

High School Kids

We know, we know... you may not be on speaking terms right now. However, you can still promote healthy choices with your teen. Here are some ideas you can use to promote physical activity and exercise.

- **Sport Specific Exercise Routines** - If you have a student-athlete, try reaching out to your coach or athletic trainer for a recommended exercise routine. Physical therapists can also work with your athlete to create an exercise program that is tailored to your specific needs.
- **Strength Training** – Before starting a strength training program you should consult your physician, trainer, or physical therapist. Strength training should be supervised and **follow safety guidelines**
- **Running** – Going for a morning walk or run is a great way to start the day. Work with your teen to create a planned route that you can do together. Going to a neighborhood or local gym for some treadmill/elliptical time can be a good alternative if you can social distance.
- **Living Room Workout** – Set a time each day to do an at-home created workout routine. Some exercises to incorporate include: burpees, crunches, lunges, and squats.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“An investment in knowledge pays the best interest”

— Benjamin Franklin

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Tomato Basil Soup

Few things say back to school like tomato soup and grilled cheese. We found this version from ibreatheimhungry.com and loved it. We hope you enjoy it as much as we do. Find the full recipe [here](#).



INGREDIENTS

- 1 can (28 ounces) whole plum tomatoes
- 2 cups filtered water
- 1.5 teaspoons salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 tablespoon butter
- 8 ounces mascarpone cheese
- 2 tablespoons granulated erythritol sweetener
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon dried basil leaves

DIRECTIONS

1. Blend the tomatoes in a blender
2. Mix the tomatoes, water, salt, onion powder, and garlic powder into a pot and bring to a simmer
3. Add the butter and cheese, whisking until combined
4. Remove from the heat and add the sweetener, apple cider vinegar, and basil
5. Serve immediately

The biggest thing to remember when you're trying to think of creative activities to do with your kids is to have fun. If you need help coming up with a workout schedule don't hesitate to reach out. We want to help in any way that we can. Wishing everyone a great start to the 2020-21 school year!!