



# Tips to Encourage Physical Activity for Kids

The goal of HFA's FitFactor program is to motivate individuals & families in the bleeding disorder community to engage in regular moderate physical activity, and to maintain a healthy weight and lifestyle through proper nutrition.

Our mantra has been, "healthy bodies bleed less." At HFA we believe this to be true and we believe that healthy behaviors begin in childhood.

The CDC recommends that children get at least one hour of physical activity each day. Children with hemophilia and other bleeding disorders should be encouraged to find physical activities that are safe and that they enjoy doing. Starting a regular exercise program is key to staying healthy and protecting your joints.

## Tips to Encourage Physical Activity for Kids:

- ✓ Promote and provide opportunities for your kids to be physically active. Even better, join in the fun with them-be good role models!
- ✓ Make it part of your routine. Daily physical activity will become a habit.
- ✓ Offer positive feedback or a small reward for exercise.
- ✓ Make it fun! Be creative & silly, play tag, "keep it up" with a balloon, or create silly dances.
- ✓ Allow some choice. Let your child be the guide on what sport or activity that is of interest to them.

### REGULAR PHYSICAL ACTIVITY HELPS CHILDREN:

- ✓ develop stronger muscles and bones
- ✓ reduce the number of joint or muscle bleeds they might experience
- ✓ increase self esteem
- ✓ decrease stress
- ✓ balance their moods
- ✓ sleep better
- ✓ be academically motivated
- ✓ maintain a healthy weight
- ✓ decrease the chance of developing: diabetes, high blood pressure and high cholesterol

### SCHOOL AGE AND OLDER

- ✓ golf
- ✓ swimming
- ✓ dancing
- ✓ walking
- ✓ yoga
- ✓ tai chi
- ✓ tennis
- ✓ running
- ✓ hiking
- ✓ baseball
- ✓ cycling (with a helmet)
- ✓ non-contact martial arts

### TODDLERS AND PRESCHOOLERS

- ✓ playing in the sandbox
- ✓ playing catch
- ✓ patty cake
- ✓ moving like animals
- ✓ yoga
- ✓ dancing
- ✓ playing at a park
- ✓ swimming
- ✓ blow and catch bubbles