

Expert Speak....

Our Wellness Coach Bhumika says...

Childhood is defined by bodies that move at a fast pace and minds that stay still and focused. Physical fitness is the first requisite of a healthy childhood. Good health is the foundation to growth, transformation, exploration, to learning, to leading a good, fun, wholesome life. Raising healthy kids means ensuring the kids have sixty to ninety minutes of free play every single day. It doesn't have to be a structured sport – anything that gets them up and moving will do. There should be a mix of activities that make them puff and activities that are good for their bones and flexibility, like yoga, climbing on monkey bars, gymnastics, dance, running, skipping, jumping and so on. Play or Exercise – the child's body doesn't know the difference.

There are immense benefits of physical activity:

- It has a positive effect on the learning centers of the brain
- Teaches the body to absorb and assimilate protein and calcium from food; makes digestion easier
- Builds stronger bones, tendons and ligaments
- The body becomes more flexible, improving balance & posture
- Promotes the growth of friendly gut bacteria that are critical for growth, hormones & immunity
- Prevents depression and channelizes aggression
- Children are less likely to develop chronic diseases, such as heart disease and Type 2 diabetes
- Instills pride, self-esteem and self-discipline.

Tips for encouraging physical activity:

- Choose activities your child likes and that are fun
- Make sure there's a lot of variety and your child tries different things
- Build physical activity into your child's daily schedule – for example, by walking to school, washing the car or helping in the garden
- Reward your child with an activity like a visit to the park rather than with screen time
- Praise & encourage your child
- Be active yourself and involve your entire family

Keep fit, keep healthy, do physical exercises!