



“Are You Discouraged By Your Child’s Lack Of Physical Activity?”

“5 Strategies To Get Your Child Moving”

***New York City’s Leading In-Home Child and Teen Personal Training Organization Reveals
The Essential Strategies For Getting Your Child To Move***

By Bonita Porte’s Energetic Juniors

Dear Friend,

Would you like to learn expert strategies to get your child moving? Are you looking for realistic, honest answers? If so, you’ll want to take the time to read this complimentary report.

These strategies, though simple, can prove extremely rewarding when introduced into your child’s lifestyle. It is the first step to helping them boost their self-esteem and confidence, improve their physical confidence and increase their strength, cardiovascular endurance and flexibility.

You can easily obtain more health and fitness advice from New York City’s leading in-home child and teen personal training organization by requesting a free subscription to our newsletter. Simply email us at www.energeticjuniors.com, email me at bonita@energeticjuniors.com or call our office at 212-879-1566.

At the end of the report I’ve provided you with a **complimentary gift certificate** entitling your child to a complimentary fun fitness session. Your child will have a chance to experience just how much fun and exciting exercise can be.

After reading the report if you would like any further information please do not hesitate to contact me. Thank you.

Best Regards,

Bonita Porte, Founder
Energetic Juniors

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Katrina Phillip, Energetic Juniors Personal Trainer

What You Should Know Before Getting Started

First I want to provide you with some helpful background information. This information is as important as the strategies, so I suggest you take a few minutes to review it.

How Children Learn:

- Children's learning is influenced by development and maturation.
- Children's learning is affected by the environment.
- Children learn through physical experience, social interaction and reflection, and their learning styles differ.
- Children learn through PLAY – this is the primary way a child learns a new skill.
- Children learn healthy and unhealthy behavior by watching adults.

3-5 Year Olds

- Skillful at walking, climbing, jumping, hopping, skipping, marching and galloping.
- Able to throw, catch, kick and bounce balls.
- Can engage in long periods of active play and exercise.

6-8 Year Olds

- Emphasize teaching and encouragement to build self-esteem.
- They gain an understanding of a game-like environment and rules and regulations.
- They will need to review the rules and limits repeatedly. Have them help set some of the rules and limits.
- They are still mastering basic skills such as jumping and skipping.
- They will continue playing even when tired. Children's respiratory systems are not as developed as adults.
- By age 7 or 8, most children know how to make snack choices of their own.

9-11 Year Olds

- A major decline in fitness occurs if children feel they are not a "star."
- Become more sedentary.
- Girls will stop being active or drop out of playing sports if the boys are becoming more dominant.
- Peer acceptance is key.

12-14 Year Olds

- Body fat increases with girls.
- Muscles begin to develop more.
- Both sexes are heavily influenced by their peers.

Did you know?:

- In a 60-minute gym class a child actually moves for only 15 minutes. The remainder of the time your child is standing around waiting for instructions.
- Girls who do not participate in proper physical activity by the time they are age 11 will only have a 10% chance of being active when they are an adult.
- If things do not change, this will be the first generation of children NOT to outlive their parents.
- Many afterschool and sports programs do not provide the one-on-one attention your child deserves.
- 70% of children who play sports will stop by age 12 because they are no longer having fun, experience too much pressure, or do not like the coach.

5 Strategies To Get Your Child Moving

“How To Get Maximum Results For Your Child In Minimum Time”

Strategy #1: Be a Healthy Mirror. As a parent you know by now that your child will mirror just about anything you say and do. The same is true for activity level and healthy eating. If you are not exercising regularly and eating poorly then your child will begin to pick up these same bad habits. And they learn this very quickly. By age 8 most children are able to make their own food choices. So here are some tips to help you as the parent:

- Designate time to play with your child. This can be something as simple as going for a walk, dancing, or shooting hoops.
- You are the best role model for your child. Back up your words of support with action. For example, if you say that soda is to only be drunk twice a week then stick to that guideline yourself.

Strategy #2: Health is in the Home. Take a look around your house. Is it an environment a child can be healthy in? Is the focal point of your house the television? Do you eat your meals while the television is on? Is there a designated area for your child to play in, for example a basement, their bedroom, the backyard? Here are some tips to creating a healthy home environment:

- Turn off the television during meal times. Many adults and children end up eating their food faster while the TV is on. They also eat more because they are not paying attention to when their stomachs are full. In addition, this is great quality time to talk to your child about anything. It's these special moments where you can find out what physical activities and foods your child likes or dislikes.
- Designate play time. And by play time we don't mean video games. This is time for your child to enjoy physical activity through play. Check out the end of this report for fitness game and activity ideas.
- Have healthy foods and snacks easily available. A fruit basket is a great start.

Strategy #3: Play vs. Exercise. One of the biggest mistakes adults make with children in regard to physical activity is in the language. All children understand the word “Play” so use it often. Younger children especially do not have a grasp of the concept of “Exercise.” To them this is a very adult word. Play to them means fun, movement, enjoyment, laughing. The simple use of this word will keep them moving for years to come.

Strategy #4: Be Patient. We want the best for our child and we want results quickly. This can lead to your child becoming anxious and eventually shutting down and refusing to be active. If you feel you have tried just about everything you can, then I suggest you look at getting a child's fitness professional to help you out.

1. **PLAY!** Focus on limiting competition, building self-esteem, and improving their physical confidence. Not all children like to compete. Substitute the word “play” for the word “exercise.”
2. **Choice:** Allow your child to come up with choices as to what fitness games they would like to play. This gives them a sense of ownership and they feel empowered.

Strategy #5: Listen to your child. This may seem like a given, but this is one of the most overlooked areas in child development as it relates to physical activity. As parents we always feel we know what's best for our child. But please know that a child's self-esteem and confidence as it relates to their physical competence can be very fragile.

Take the time and really listen to what types of activities your child is interested in and then encourage them to participate in them. Your child is eager to please you, so be certain that you are not forcing them into an activity they are not enjoying. Remember, their interest in a sport or fitness activity may not always match up with their physical abilities. This is where it is crucial that you as the parent match them up with a program that is sensitive to their physical development.

The bottom line is that your child discovers some type of physical activity that makes them happy. The only way you're going to know this is by asking them.

Here are some tips that can help:

- Simply ask your child what they enjoy. You may need to offer some suggestions if they are stuck.
- Make your child feel part of the decision making process. Just don't sign your child up for an activity without their consent.
- Praise will boost self-esteem and confidence. Anytime your child is playing appropriately provide some words of encouragement.
- If your child is going to join a sports team or afterschool program make sure to ask the coach or director their personal philosophy about children and fitness. Fun and play should be at the top of the list.

There you have it. Five essential strategies to get your child moving. I realize that to get your child started (or re-started) with physical activity is not easy. That is why I encourage you to take advantage of our **gift certificate** for a fun complimentary personal training session.



5 Popular Fitness Games to Get Your Child Moving

FREEZE DANCE

Your child, or children, moves to the music you have selected. When you suddenly stop the music, the child must “freeze” in whatever position he/she is in. The length of time of the freeze depends upon the child and the position in which he is caught. It is good to occasionally make believe you are stopping the music, without actually doing it, so that they can’t anticipate the silence and freeze in an “easy” position. Then, when you actually do stop it you can more easily catch them in fun/silly positions.

THE DICE GAME

Use the numbers on each die as the method for determining the particular exercise and the number of repetitions. For example, if the child rolls a 6 on the “repetitions” die, and a 4 on the “exercise” die, then he must do six repetitions of whatever you have previously determined to be the matching exercise. 1 might be hop on one foot, 2 is to do a crab walk, 3 is jumping jacks etc. You and your child can think of whatever fun exercises you wish to use, and any variations you improvise, such as the rolling of doubles means you have to do twice the number of repetitions indicated.

BOUNCE

Bounce a basketball, soccer ball, or playground ball as high as you can. See how many times you can run under it until it stops. Also, see how many jumping jacks, hops on one foot or jump and spins, you can do until the ball stops bouncing.

COMMERCIAL BREAK

The next time you & your children are watching a television program, every time a commercial break comes on, do an exercise...Try to challenge yourself & do the exercise continuously until your program returns. Choose anything from jumping jacks, sit-ups, knee raises, hold the push-up position, bicep curl your extremely thick Webster's dictionary, etc. Be creative and just remember to wake your body up and MOVE.

PILLOW FIGHT!

- You and your opponent must have a line in between the two of you, which splits the space up evenly in two squares.
- You must not cross over that line into your opponent's space, and same for your opponent.
- Now, line up equal amount of pillows across that line. For example, if you have 8 pillows total, make sure your 4 pillows are lined up in your space, right next to the line, and visa versa.
- Make sure you and your opponent are backed up as far as you possibly can. On the count of 3 run to the line grab your pillow (no more than one at a time), and throw it at your opponent. You must avoid the head. If you hit your opponent in the head- PENALTY (10 jumping jacks and you lose a point). If you hit your opponent anywhere below the head, and the hit was NOT blocked by his/her pillow, you scored a point. If you catch the pillow that was thrown at you, you score a point as well.
- Whomever scores the most points wins!



COMPLIMENTARY TEST DRIVE

This gift entitles the bearer to a complimentary Fitness Assessment that includes the following:

- A sample 30 minute personal training session that will show your child just how much fun exercising can be. The session will include age appropriate movements that are customized to work with your child's current fitness level.
- An assessment to determine your child's goals and interests.
- Learn what exercises will help keep your child active.

Redeeming your certificate: Please contact us at Bonita@energeticjuniors.com or 212-879-1566 to take advantage of this offer. Please visit www.energeticjuniors.com.

"Whoever thought workouts could be so much fun. Our daughter says she doesn't like her fitness sessions with Katrina and Tami... She LOVES them!!! They have the 'funniest and most active' time together she adds. Thanks to energetic juniors for helping our 8 year-old appreciate the power and fun of physical fitness."
- **Deborah Roberts and Al Roker**

"Energetic Juniors is an outstanding service to kids all over the New York City area. Thanks to their highly skilled personal trainers, children learn to engage in physical activity while having fun!"
— **Joy Bauer, M.S., R.D., C.D.N., Author of "Cooking with Joy," Yahoo's Nutrition/Diet expert**

"Thank you Energetic Juniors for a much needed program to facilitate physical activity which is FUN, in our otherwise sedentary New York City kids."
— **Barry Stein, M.D., Pediatrician, New York City**

"This is to express my appreciation for the service that your company provides. It's not all that easy to get my 11 year old moving, given his addiction to sedentary pursuits and his trainer is always able to motivate him."
— **Ben's Mom**

"Energetic Juniors is so much fun. Afterwards you might be tired but you know you have had a great workout. Every part of my body tingles."
— **Joanna (age 9)**