

Preschool Exercise

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It may not look quite as sharp as your local high school marching band. But these toddlers and their parents are accomplishing a great deal with this little parade.

Danny Huerta – counselor, Focus on the Family says, “Exercise helps the brain focus so you’re training the mind to be able to focus to do a variety of other things and on top of that you’re helping the gross motor skills.”

This exercise class is designed for preschoolers and parents together. Anytime you play with your kids like this, you’re building your relationship.

Danny says, “If a parent is willing to be silly with a child and play and run around, boy, a child just wants to be next to that parent.

You don’t necessarily need a class to think of fun activities with your kids. But it can provide a nice change of pace for parents.

Sherry says, “Weather’s not that great in the winter, so I think it’s important to be able to go somewhere and exercise and get that energy all out!”

Paula Ann Bills says, “He needs the stimulation and then he goes down for a great nap.”

Wherever you choose to be active with your kids, you’re fighting an important battle.

Paula says, “Obesity is a big big issue these days... you know when you go thru neighborhoods - you don’t see kids out in neighborhoods anymore, they’re in front of a computer or they’re in the house with a bag of chips in front of the TV.”

Libby Weinstein – exercise instructor says, “Not only do they need the exercise, but they need the time with mom and dad or grammy and to have fun.”

So get off the couch and play with your kids! You’ll all be healthier, and happier!