

Pediatric Sports and Exercise Advice

Why Kids and Teens Need to Exercise

- Burns calories and helps prevent obesity, heart disease, and diabetes
- Strengthens the heart, bones, muscles, and increases flexibility
- Improves sleep, self-esteem, and mood
- Helps students focus in school and avoid risk-taking behaviors (smoking, drinking, and using drugs)

How Much Exercise Do Kids/Teens Need?

Toddlers/Preschoolers	Elementary/Middle School/Teenagers
3+ hours of activity per day	60+ mins/day of physical activity. Include muscle & bone strengthening 3x/week (can be achieved through active play like climbing, running, jumping, or tug-of-war).

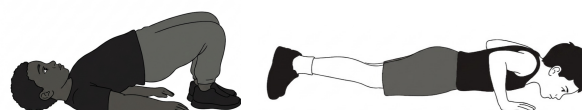
What is the best way to structure a workout?

- 1 Warm Up First:** Prepares your body and prevents injury before you exercise.

- *Rhythmic, active movements prime the muscles and increase elastic spring.*



- 2 Work Out:** Play your sport or do your workout.



- 3 Stretch Last:** Relaxes your muscles and aids recovery after you finish.

- *Holding stretches relaxes muscles and tendons.*



Injury Prevention Recommendations

To prevent injury, the American Academy of Pediatrics recommends that kids should:

- Limit time per week in sports to their age in hours (e.g. < 12 hours for a 12 year old)
- Take at least 1-2 days off per week from sports and training
- Participate in only one sport per season
- Take 2-3 months off per year from any specific sport
- Increase training (time, repetitions, distance) for a sport gradually – 10-20% per week

(1) Heat the Engine



(2) Mobilize



(3) Prime the Brain



(4) Recover



STEP 1: Heat the Engine

Break a sweat: jumping jacks, jog, or bike.

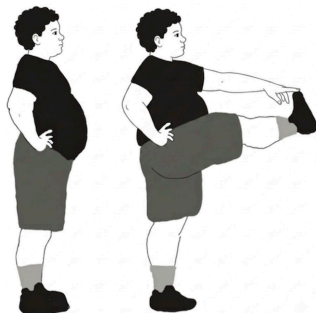


Step 2: Mobilize

Frankenstein Walks

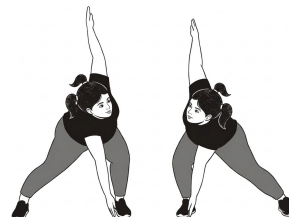
Instructions: Stand straight up with arms out in front of you. Walk forward and with each step kick with a straight leg to your opposite hand (R leg to L hand/L leg to R hand).

Walk for a set distance back and forth at a normal walking pace.



Windmills

Instructions: Start with feet in a wide stance. Lean forward with a straight back and your arms spread wide. Then shift your weight to the L, bring your R arm to your L foot and L arm to the sky. Then switch to the opposite side.



2 sets of 10 reps

Spider-Man

Instructions: Start in a push up position and step one foot up to the outside of your hand. Place your elbow on the ground next to your foot. Then lift that arm and rotate to the sky. Rotate back, place hand on ground, step foot back and switch feet.



2 sets of 10 reps (5 each side)

Inchworms

Instructions: Stand with your feet together. Lean forward, bringing your hands to your feet. Walk your hands out until you are in a push up position. Then walk your feet up to your hands.



2 sets of 10 reps

Step 3: Prime the Brain!

Explosive movements wake up the brain and muscles, turning on your body's "high-performance" mode.

Power Skips

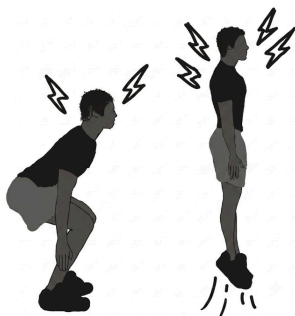
Instructions: Keep your back straight and do big skips while you pump your arms. This exercise is easier to do over a distance rather than in place if you have the space!



2 sets of 10 reps

Jump Squats

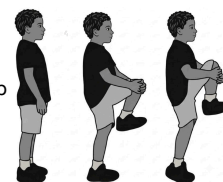
Instructions: Stand with feet shoulder-width apart and squat down, keeping your chest up. Explosively jump straight up, land softly, and immediately go into the next squat.



3 sets of 10 reps

Walking Knee Hugs

Instructions: Walk forward and with each step lift your knee up toward your chest. Grab your knee with both hands and pull it in tight. Release, step forward, and switch to the opposite leg.



2 sets of 20 reps (10 each side)

Step 4: Rest 3 min before experiencing peak performance



Full Body Strength Workouts

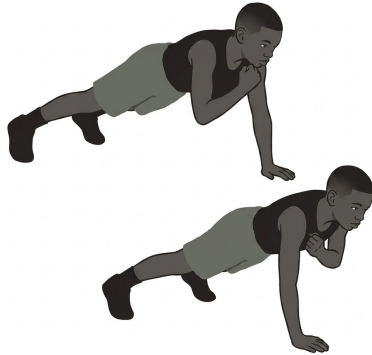
Rest 1-2 minutes between each set

Workout 1

Plank Taps

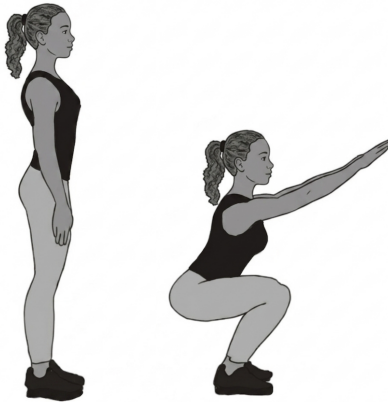
Instructions: Get into push up position. Alternate tapping one shoulder with the opposite hand, keeping your back straight and hips stable.

3 sets of 20 reps (10)



Squats

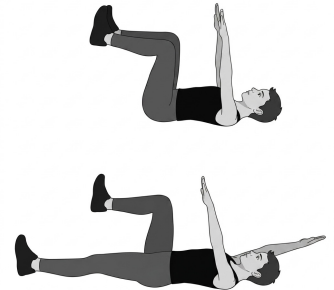
Instructions: Stand with feet hip-width apart and toes pointing slightly out. Keep your chest up and back flat. Bend your knees as if sitting back into a chair. Keep your knees behind your toes and your heels on the floor. Drive through your heels to stand up. For an added challenge, loop a resistance band around your thighs!



Dead Bug

Instructions: Lie on back with knees bent at 90 degrees and both arms towards the sky. Keep low back flat against floor. Slowly lower one arm and the opposite leg toward the floor until hovering, then return to the start. Switch sides.

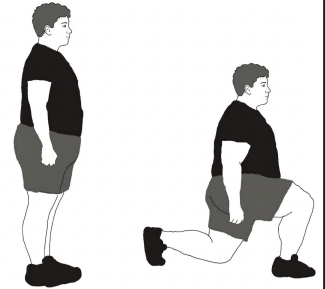
3 sets of 12 reps (6 each side)



Lunges

Instructions: Stand with feet hip-width apart. Take a large step forward with one foot and lower your hips until your back knee is close to the floor. Keep your front knee over the ankle and your front foot flat. Push through your front heel to return to standing.

3 sets of 10-12 reps (5-6 each)



Reverse Fly

Instructions: Bend forward at the hips with a flat back. Let your arms hang straight down with your palms facing each other. Raise your arms straight out to the sides until they are level with your shoulders, squeezing your shoulder blades together. Slowly lower back to the starting position. You can hold food cans or other household items for an added challenge.

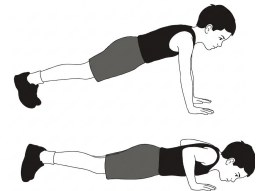
3 sets of 10-12 reps



Pushups

Instructions: Start in a plank position with hands slightly wider than your shoulders. Keeping your body in a straight line, bend your elbows to lower your chest close to the floor. Push back up to the start. You can do these with your knees on the ground if needed.

3 sets of 8-12 reps



Lateral Lunges

Instructions: Stand straight. Step out widely to one side, bending that knee, with your knee over your ankle, while keeping the other leg straight. Push back up and switch sides.



Glute Bridges

Instructions: Lie on your back with your knees bent and feet hip-width apart. Tuck your tailbone, engage your core, and push through your heels to lift your hips. Do not arch your back. Lower hips down slowly. For an added challenge, loop a resistance band around your thighs!



Stretching: Perform after working out or before bed

Hold all stretches for 30 seconds - 1 minute

Glutes

Instructions: Sit on a chair. Put one ankle on your other leg above the knee. With your back straight, bend forward at your hips until you feel a stretch in your glute.



Quadriceps

Instructions: Bend your knee and grab your foot behind your back. You should feel a stretch in the front of your thigh. Perform stretch on each side.



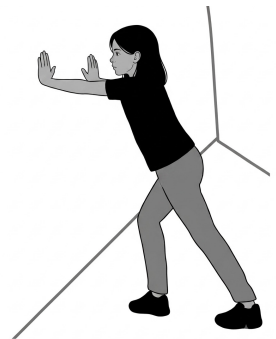
Adductors

Instructions: Sit on the floor with the soles of your feet together. Let your knees fall out to the sides. You can gently press your knees down or lean forward with your back straight to get a deeper stretch.



Calf

Instructions: Place both hands onto a wall. Step one foot back. Press the back heel into the floor and straighten the back leg, while keeping the front leg bent. You should feel a stretch in your back calf and heel.



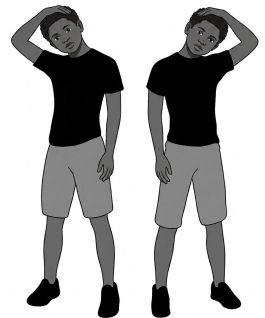
Hamstring

Instructions: Put one foot out onto a low surface with your leg straight. Bend forward at the hips with your back straight until you feel a stretch in the back of your front leg.



Neck

Instructions: Stand or sit up straight. Put one hand on the opposite side of your head. Gently pull your head toward your shoulder, looking straight ahead.



Hip Flexors

Instructions: Lower back knee to the floor into a kneeling position and rest both hands on front thigh. Keeping chest lifted, let your hips sink down and forward into a deep lunge until you feel a stretch in the front of your trailing hip and groin.



Chest

Instructions: Put your hand and forearm upright along the edge of a doorway or wall with your elbow bent 90 degrees. Gently press your chest forward. You can move your hand up or down to stretch different parts of the chest.

