

Physical Activity and Development



There are a range of ways that regular physical activity helps your child develop. Physical activity contributes to the physical, mental, and emotional development and well-being of adolescents. With all of the time spent at home during the COVID-19 quarantine, your child could be missing out on some of the regimented physical activity he/she normally takes part in. To ensure that your child is getting the optimal level physical activity shoot for 60 minutes or more per day of movement. Three major categories of physical activity are bones strengthening, muscular strengthening, and aerobic activity.

Bones strengthening exercise examples: jumping jacks, running, weight lifting, basketball, soccer, football, skipping

Muscular strengthening exercises: resistance training, bodyweight exercise i.e. (pushups, squats, lunges), weight lifting/training

Aerobic Exercise (moderate and vigorous intensity): walking, jogging, running, bicycling, swimming

Aside from building strong bones and muscles and improving your child's cardiovascular strength, participation in daily physical activity can aid in the prevention of chronic disease and reduce symptoms of anxiety and depression. The endorphins released during and after exercise help promote mental well-being by improving mood, energy levels, and sleep.

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

<https://www.aboutkidshealth.ca/article?contentid=641&language=english>

<https://courses.lumenlearning.com/suny-diseaseprevention/chapter/aerobic-muscle-strengthening-and-bone-strengthening-activity/>

<https://www.ncbi.nlm.nih.gov/pubmed/10206121>