

Long-Term Benefits of Exercise

Just like healthy eating, you want to encourage your children to participate in physical activity at an early age. Numerous studies show that physical exercise has many long-term physical and mental benefits.

Exercise Recommendations

Kids should get at least 60 minutes of physical activity every day. Physical activity could include playing outside with friends, participating in a sport, riding a bike, or even walking the dog.

Physical Benefits

Exercise has many physical benefits! It can improve your child's cardiovascular health, build strong bones and muscles, and reduce the risk of developing chronic conditions later.

Mental Health

Physical activity has a positive effect on our mental health. Kids experience a boost in confidence and self-esteem. Other mental health benefits of exercise include managing anxiety and depression.

Cognitive Functions

Studies have shown that there is a strong correlation between exercise and academic achievement. With increased confidence and focus, children show better academic achievements.



Heathline. "Exercise Benefits Children Physically and Mentally"

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Medicine and Science in Sports and Exercise 48(6): 1197-1222, 2016