



**Arkansas
Children's
Hospital**

Exercise Activities for Kids

There are two keys to getting youth active. First, take this list and have them pick which activities would be FUN. Then have them add to it any other ideas they have. Doing fun activities will keep them motivated. Second, make sure they choose more than one to do. Doing the same thing day in and day out may start out fun but will soon get boring, will not continue to be motivating, and will use muscles in only one way. Variety will keep things interesting and fun, and will use different muscle groups in multiple ways, enhancing fitness.

List of Exercise Activities

Home - Outdoor:

- Walking
- Jumping on the trampoline
- Ride bicycle
- Swimming
- Tennis ball bounced on a racquet
- Golf with wiffel balls in the backyard
- Walk dog
- Neighborhood walks/Exploring (in a safe area)
- Hula hooping
- Rollerskating/Rollerblading
- Skateboarding
- Jump rope
- Climbing trees
- Play in the back yard
- Hopscotch
- Stretching
- Basketball
- Yard work
- Housecleaning

Home - Indoor:

- Dancing
- Exercise VCR/DVD tape for kids
- Yoga VCR/DVD tape for kids
- Home gym equipment
- Stretch bands
- Free weights
- Stretching



More activities listed on the back

With friends or family members – Outdoor Activities

- Red Rover
- Chinese jump rope
- Regular jump rope
- Ring around the rosie
- Tag/Freeze
- Four score
- Capture the Flag
- Silly Olympics
- Dodgeball
- Slip n Slide
- Wallball
- Waterballoon tag
- Tug of War
- Stretching
- Run through a sprinkler
- Skipping
- Jungle Gym competition (who can hold a pull-up longest, etc.)
- Family swim time at the YMCA, YWCA or local pool
- Bowling
- Shoot hoops together
- Walk the family dog together

With friends or family members – Indoor Activities

- Twister
- Crab Walk
- Duck Duck Goose
- Red light, Green light
- Simon Says (with action-oriented movement like hopping)

Community or School Activities

- Paintball
- Golf
- Gymnastics
- Tennis
- Swimming
- Rollerblading/Rollerskating
- Skateboarding
- Canoeing
- Playground
- Ping pong
- River rafting
- Football
- Basketball
- Soccer
- Cheerleading
- Marching band
- Baseball/Softball
- Track/Cross country
- Volleyball
- Hockey
- Lacrosse
- Martial arts
- Racquetball
- Nature walks/Exploring (in a safe area)
- Stretching/Yoga/Pilates
- Weightlifting at a gym

Seek the advice and approval of your medical provider and parent before starting any exercise program as the plan for your activity may need to be changed to meet your individual needs. Keep in mind all safety precautions for the different activities — wear protective equipment, follow game rules, etc.

For more information regarding these handouts contact:

Wendy L. Ward-Begnoche, Ph.D.

Assistant Professor

UAMS College of Medicine

Department of Pediatrics

800 Marshall Street, Slot 512-21

501-364-1021

For treatment in a multidisciplinary medical clinic for overweight youth:

ACH Fitness Clinic

For appointments call

501-364-8957