

# Get Fit E-book

Staying in shape is a major requirement if you want to live a long, thriving life. You'll feel healthier, look healthier and your mind will be at its optimum level because you are taking care of your body. As parents, we must teach your children to build healthy habits so they can lead long, thriving lives well into old age.

It starts with you. You have to push your children and set an example by being healthy too. Here are a few bits of advice for different age groups. From beginners to advanced.

## Get Cardio in Your Routine

The word “cardio” is short for “cardiovascular,” a term used for the circulatory system consisting of the heart and blood vessels in your body. Not only does it help you lose weight but it strengthens your heart muscle and keeps your brain youthful. Every time you workout, your brain releases a chemical named Serotonin which contributes to mood and balance. This fact plus more makes cardio a must in your daily routine.

The goal with cardio is to get your heart pumping and there are many types of sports that can get your child moving in the right direction. Boxing, Karate, baseball, basketball, tennis, football, soccer, swimming, track and field, cheerleading. Note: Team sports can be a great socializing experience and have been known to build discipline during the early development stages of childhood.

It would be a wonderful idea for both you and your child to participate in the sport together.



Make it a bonding experience that can challenge both of you to lead a fit life.

Most health experts recommend up to 30 minutes of cardio everyday but don't overexert yourself. Let it be a fun experience.

### **Build Your Stamina and Train Your Strength**

There are so many reasons why it can benefit you to train your strength. Not only will you burn calories but by stressing your bones through strength training you are increasing bone density and reducing the risk of osteoporosis. You're also giving your body an easier time at controlling your weight so that it is healthy and proportionate.

Children have growing bodies that can use this part of the routine.

Both you and your children should include the following workouts in your weekly routine.

- Push-ups
- Sit-ups
- Jumping Jacks

Your child should be able to do the below routine.

	<b>Push-ups</b>	<b>Sit-ups</b>	<b>Jumping Jacks</b>
<b>Boys ages 7 -10</b>	3 sets of 5 push-ups	3 sets of 5 sit-ups	3 sets of 10 Jumping Jacks
<b>Girls ages 7 -10</b>	3 sets of 3 push-ups	3 sets of 3 sit-ups	3 sets of 5 Jumping Jacks
<b>Boys ages 11 – 14</b>	5 sets of 10 push-ups	5 sets of 15 sit-ups	5 sets of 15 Jumping Jacks
<b>Girls ages 11-14</b>	4 sets of 10 push-ups	4 sets of 10 sit-ups	4 sets of 15 Jumping Jacks
<b>Boys ages 15 – 18</b>	5 sets of 20 push-ups & Pull-ups	10 sets of 10 sit-ups	3 sets of 20 Jumping Jacks
<b>Girls ages 15 – 18</b>	5 sets of 10 push-ups	10 sets of 5 sit-ups	10 sets of 10 Jumping Jacks

## **A fun game for the big boys!**

Get a Deck of Playing cards: Any cards you draw you workout that number in pushups. Face cards (Jack, Queen, King,) equals 10 pushups Big joker equals 20 pushups. Lil joker equals 15 pushups

Tip: Add weights.

## **Eat Healthy!**

I really want all youth to eat well. As parents, we have to set better examples everyday with our own health. Nutrition can also make you feel better, think better and live better.

- Drink a lot of water
- Limit processed snacks such as potato chips and eat more fruits
- No snacking after you eat dinner
- Eat vegetables daily.
- Eat breakfast every day because it's the most important meal of the day
- Limit your fried foods
- Stay away from sodas and sugary drinks.

## Thanks for downloading this!

If you're interested in more fitness tips and routines, subscribe to our newsletter and look for the recipe's, fitness routines and health tips.



**Go to the Website and find out how you can sign up!**

<http://brainsiswealthmoneyistemporary.com/>

Brain is Wealth, Money is Temporary