

# Strategies & Benefits to Keeping Kids Active and Healthy During The Stay at Home Order

By BZA contributor Patryk Ruta, certified personal trainer

With most everything being cancelled or postponed indefinitely, parents are left in a tough situation with their kids. School and sports activities are being cancelled, and kids are stuck in their homes with fewer structured activities to keep them busy. It's important that parents build in active time for their children every day. Daily physical exercise is critical to overall life balance and a happy, healthy child. Below is a basic workout plan for a child of any age to get moving. It does not require any equipment besides bodyweight. It's a fun little workout for kids to do and even parents to jump in and challenge their kids.

## Workout:

5 movements in total

(30 seconds of work, followed by 10 seconds of rest)

5 total rounds

(Rest 1 minute in between rounds)

#1 High Knees (aka running in place)

#2 Alternating Reverse Lunge

#3 Push-ups (as many as can be done in 30 seconds)

#4 Plank (hold for 30 seconds, if possible)

#5 Sit-ups (as many as can be done in 30 seconds)

If you are looking for something extra, get outside and get moving!

Your driveway or the yard is a safe option. Playing any sport or game outside in the fresh air is a great way to log those active minutes and bust boredom.

## Some examples include:

Shooting hoops, playing catch, kicking a soccer ball, hop-scotch, 4-square, hide and seek, or just a walk around the block!

There are plenty of things to do as long as it gets kids moving. At the end of the day it's not about the activity that they do. Rather, the priority is that they disconnect from screens, get up and get moving everyday!



**Benefits of regular exercise for kids:**

- Improved energy levels
- Higher self-esteem
- Improved attention and concentration levels
- Building good habits with physical activity
- Better digestion and a healthier appetite
- Improved sleep
- Improved mental health!

**Bio:**

Patryk Ruta is a certified personal trainer & strength and conditioning coach out of Mount Prospect / Arlington Heights. He works with a variety of clients from children ages 9 through adults. Patryk trains professional athletes, adult weekend warriors, weight loss clients and adults that just want to stay in shape. He also trains children and adolescents in a variety of sports, to improve their game. Patryk is currently offering Skype and Zoom 30 minute classes and sessions for adults and kids alike. He is happy to answer any questions you might have for you or your child's fitness journey during this time.

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Check out Patryk's Facebook page for workout videos and fitness tips!