

Ames Public Library @HOME Activities

Exercise!

Regular physical exercise is important for staying healthy. Physical activity can be as simple as going out to play or joining an organized sport like soccer. Being physically active also helps our brains stay healthy and alert. See a related video on how to stay active on the Library's YouTube Channel at <http://bit.ly/APLvideos>.

Books and Media:

Title	Author / Performer	Call Number:
<i>Let's Play Yoga</i>	De Luca, M, Barros	J 613.7 DE
<i>Fitness For Young People</i>	Frost, S	J 613.7 FRO
<i>Why Must I Exercise?</i>	Gaff, J	J 613.7 GAF
<i>Albert the Running Bear's Exercise Book</i>	Isenberg, B & Jaffe, M	J 613.7 ISE
<i>Sports & Fitness - How to Use Your Body and Mind to Have Fun and Be Your Best</i>	Maring T K	J 613.7 MAR
<i>The Monster Health Book</i>	Miller, E	J 613.7 MIL
<i>Exercising</i>	Nelson, R	J 613.7 NEL
<i>The Busy Body Book – A Kid's Guide to Fitness</i>	Roockwell, L	J 613.7 ROC
<i>Being Active</i>	Schuh, M	J 613.7 SCH
<i>Get Moving!</i>	Schuh, M	J 613.7 SCH
<i>Floor Exercise, Tips, Rules and Legendary Stars</i>	Schwartz, Heather E	J 613.7 SCH
<i>Faster, Higher, Smarter</i>	Shapiro, Simon	J 613.7 SHA
<i>Relaxation and Yoga</i>	Son, J	J 613.7 SON
<i>Rock N Learn Alphabet Exercise</i>	(DVD)	J 372.46 (DVD) ROC
<i>YogaKids 2: ABC's for Ages 3-6</i>	(DVD)	J 613.7046 (DVD) YOG
<i>Optimizing Brain Fitness Season 1</i>		(Hoopla)
<i>Shake A Leg</i>	Allen, Constance	(Overdrive)

Websites:

URL
https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
https://www.healthychildren.org/english/ages-stages/pages/default.aspx

Vocabulary

Aerobic activity - Aerobic exercise is a cardio vascular exercise that uses the large muscles in the body. This type of exercise makes the heart beat faster and the person exercising therefore breathes harder. Aerobic exercise strengthens the heart and improves the body's ability to deliver oxygen to all its cells.

Exercise plan – An exercise plan defines fitness goals and the ways to get there. An exercise plan can be as simple as playing outside for 30 minutes every day.

Fitness – This is the condition of being physically fit and healthy. Fitness for kids means playing and being physically active. The elements of fitness are endurance, strength, and flexibility.

Endurance – In sports and exercise, endurance is the ability to sustain a specific activity (endurance running, cycling, swimming, rowing etc.) for a prolonged period of time.

Endurance is developed over time with regularly engaging in these and other activities.

Strength – Strength training is a type of exercise that depends on the resistance to make muscles contract, which in turn makes them stronger. Exercises like pushups that use body weight and exercises that use resistance bands or weights are forms of strength exercises.

Flexibility – This is the range of motion in a joint or group of joints. It also is the ability to move joints effectively through a complete range of motion. Stretching exercises that help lengthen muscles can help improve flexibility.

Take Away Kit: Hula Hoop

- 1 Hula Hoop

The hula hoop is a great way to stay active and have fun. Here are some fun games you could play with your hula hoop –

Roll Along - See how far you can roll the hoop with a stick or your hand before it falls over. Once you learn how to get the hoop rolling, draw a line with chalk, and try to race on the path with the hoop. For an added challenge you can put up obstacles such as small traffic cones, plastic bowling pins, or even lawn chairs.

Bean Bag Toss – Place your hoop on the ground and try to toss a beanbag or small ball into the hoop. As you get better at landing the beanbag into the hoop, increase your distance to the hoop by moving further back. You can also try facing away from the hoop and tossing the bag over your shoulder.

Pass the Hoop – Hold hands with a family member. To play, loop the hoop over your arm, and pass it to the next person without letting go of your hand. This is a great game to play as a group.

If you would like to learn more about how to be healthy and active scan the codes below:



https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf



<https://www.healthychildren.org/english/ages-stages/pages/default.aspx>