

# Exercise for Health and Wellness

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## How much exercise does my child or teen need?

Grade-school children and teens need to be active at least 60 minutes each day. Getting more than an hour is good, too. The 60 minutes do not have to be all at one time. It's OK to break the activity into 10- or 15-minute segments.

A variety of activities is best. Help your child or teen choose aerobic, muscle-strengthening and bone-strengthening activities that are right for their age and development.

Not everyone has to join sports to be active. With enough other activities, kids can be fit without joining a sport team. Examples of activities include:

- Swimming
- Hiking
- Gymnastics
- Ice skating
- Orienteering
- Martial arts
- Horseback riding
- Rock climbing
- Yoga and other fitness classes
- Dance classes
- Snow sports
- Inline skating
- Golf
- Ultimate Frisbee
- Cycling
- Tennis
- Running or fast walking
- Skateboarding
- Fencing

## Why does my child or teen need exercise?

Regular physical activity in childhood is essential for health and wellness, and has many beneficial effects:

- Reduces risk of chronic disease due to obesity, diabetes and heart disease
- Relieves depression and anxiety
- Improves sleep quality and quantity
- Bolsters academic performance through impact on sleep, mood and concentration
- Decreases pain
- Builds and maintains strong bones and muscles
- Gives your child or teen energy and makes them feel good
- Can be a fun way to develop a new hobby or expertise

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### To Learn More

- Physical and Occupational Therapy  
206-987-2113
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### How do we get started?

Different things work for different people. Help your child or teen think about what they like to do and how they like to start new things. Here are some tips to help your child or teen:

- Help them find activities that sound fun to them
- Ask a friend to join them
- Try one or two activities to see what they like
- Sign up for a class
- Go to your local community center to see what they have
- Help them set some goals for with the new activity
- Talk to your PT or OT or your doctor for ideas

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### What can I do to help?

- Model healthy behavior and attitudes about exercise
- Expose your child to a variety of fun physical activities
- Plan physical activity into the daily schedule (go to the zoo, walk around the mall)
- Support your child in the activities they choose, attend games or performances, or join them for a hike

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### Resources

Here is a list of organizations and opportunities for fitness and activity. Many of these resources have scholarships or provide financial assistance. For ideas for fitness apps and devices, read our handout “Devices and Apps to Help with Fitness and Activity” at [seattlechildrens.org/pdf/PE2223.pdf](http://seattlechildrens.org/pdf/PE2223.pdf)

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### Parks, community centers and playgrounds

**Seattle Parks and Rec** [seattle.gov/parks/athletics/youthspring.htm](http://seattle.gov/parks/athletics/youthspring.htm)  
[seattle.gov/parks/healthyparks/programs.htm](http://seattle.gov/parks/healthyparks/programs.htm)  
**Seattle Community Centers** [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp)  
**YMCA** [seattleyymca.org/Pages/Welcome.aspx](http://seattleyymca.org/Pages/Welcome.aspx)  
**ACT! (Actively Changing Together)** [seattleyymca.org/node/3281](http://seattleyymca.org/node/3281)  
**Boys' and Girls' Club** [positiveplace.org](http://positiveplace.org)  
**Red Tricycle Seattle Playgrounds** [redtri.com/seattle/parks-you-may-not-know-about](http://redtri.com/seattle/parks-you-may-not-know-about)

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### Hiking

**Nature Consortium** [naturec.org/forest-hikes](http://naturec.org/forest-hikes)  
**The Mountaineers** [mountaineers.org](http://mountaineers.org)  
**Washington Trails Association** [wta.org/go-outside/kids](http://wta.org/go-outside/kids)  
**Cascade Orienteering Club** [cascadeoc.org](http://cascadeoc.org)  
**Best Seattle Park walks** [seattletimes.com/life/outdoors/an-expertstrsquot-s-top-10-seattle-park-walks](http://seattletimes.com/life/outdoors/an-expertstrsquot-s-top-10-seattle-park-walks)  
**Beach walks** [seattlemet.com/articles/2016/7/20/21-of-washington-s-best-beaches](http://seattlemet.com/articles/2016/7/20/21-of-washington-s-best-beaches)  
**Seattle Parks and Recreation Environmental Learning Centers**  
[seattle.gov/parks/find/environmental-education-and-outdoor-learning](http://seattle.gov/parks/find/environmental-education-and-outdoor-learning)  
Look for Environmental Learning Centers near you.

## Biking

### Earn a bike—Bike works

[bikeworks.org/youth-programs/bike-repair-classes-earn-bike/](http://bikeworks.org/youth-programs/bike-repair-classes-earn-bike/)

**Washington bike clubs** [wabikes.org/2015/05/12/bike-clubs-youll-never-ride-alone/](http://wabikes.org/2015/05/12/bike-clubs-youll-never-ride-alone/)

**Cascade Bicycle Club** [cascade.org](http://cascade.org)

### Low-cost bicycle helmet resources

[www.kingcounty.gov/depts/health/violence-injury-prevention/traffic-safety/-/media/depts/health/violence-injury-prevention/documents/low-cost-bike-helmet-providers.ashx](http://www.kingcounty.gov/depts/health/violence-injury-prevention/traffic-safety/-/media/depts/health/violence-injury-prevention/documents/low-cost-bike-helmet-providers.ashx)

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## Swimming

**Seattle Parks and Recreation Find Pools-** [seattle.gov/parks/find/pools](http://seattle.gov/parks/find/pools)

[thestranger.com/features/feature/2015/07/08/22508752/where-to-swim-in-seattle](http://thestranger.com/features/feature/2015/07/08/22508752/where-to-swim-in-seattle)

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## Geocaching

[geocaching.com/play](http://geocaching.com/play)

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## Apps

**Yoga apps** [tomsguide.com/us/pictures-story/706-best-yoga-apps.html](http://tomsguide.com/us/pictures-story/706-best-yoga-apps.html)

[www.healthline.com/health/fitness-exercise/top-yoga-iphone-android-apps](http://www.healthline.com/health/fitness-exercise/top-yoga-iphone-android-apps)

**Cosmic Kids yoga** [cosmickids.com](http://cosmickids.com)

**My Fitness Pal** [blog.myfitnesspal.com/the-best-free-workout-videos-on-youtube/](http://blog.myfitnesspal.com/the-best-free-workout-videos-on-youtube/)

**7-minute workout app-** find one on your app device that works for you

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## Dance, circus school and the arts

**School of New Circus Arts** [sancaseattle.org](http://sancaseattle.org)

**Hip hop** [massivemonkees.com](http://massivemonkees.com)

**Youngstown Arts Center** [youngstownarts.org/youth-programs](http://youngstownarts.org/youth-programs)

**Arts Corps** [artscorps.org/get-involved/find-a-class](http://artscorps.org/get-involved/find-a-class)

**Coyote Central** [coyotecentral.org/the-courses](http://coyotecentral.org/the-courses)

**Capoeira (Brazilian dance/ martial arts)** [ficanorthwest.org/ucc-page](http://ficanorthwest.org/ucc-page)

**My World dance studio** [myworld-df.com](http://myworld-df.com)

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## Running and fast walking

### Mud runs and obstacle races

[mudrunguide.com/directory/usa/washington-wa](http://mudrunguide.com/directory/usa/washington-wa)

**Girls on the run** [gotrpugetsound.org](http://gotrpugetsound.org)

**Rain City Flyers** [raincityflyers.com](http://raincityflyers.com)

**Race Center** [racecenter.com-visit](http://racecenter.com-visit) calendar page for local runs

**Active.COM** for activities and fitness tips at [active.com](http://active.com)

**Outdoors Northwest** [OutdoorsNW.com](http://OutdoorsNW.com)

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## Rock climbing gyms

**Stone Gardens** [stonegardens.com](http://stonegardens.com)

**Vertical World** [verticalworld.com](http://verticalworld.com)

**Seattle Bouldering Project** [seattleboulderingproject.com](http://seattleboulderingproject.com)

**Fencing**

**Salle Auriol** [salleauriol.com](http://salleauriol.com)  
**Salle Saint George** [sallesaint-george.com/location-2](http://sallesaint-george.com/location-2)

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**Martial arts**

**Martial arts schools, clubs and dojos** [dojos.info/Search](http://dojos.info/Search)

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**Parkour**

**Parkour Visions** [parkourvisions.org/](http://parkourvisions.org/)  
**MoveFree Academy** [movefreeacademy.com](http://movefreeacademy.com)

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**Sailing,  
kayaking,  
stand-up  
paddle  
boarding  
(SUP) and  
rowing**

[parentmap.com/article/fun-afloat-paddle-boat-kayak-canoesail-and-raft](http://parentmap.com/article/fun-afloat-paddle-boat-kayak-canoesail-and-raft)  
[lakewashingtonrowing.com](http://lakewashingtonrowing.com)

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**Skiing,  
snowboarding  
and snow-  
shoeing**

**PNW Ski Areas Association** [www.pnsaa.org](http://www.pnsaa.org)  
**SOS outreach** [sosoutreach.org/program-resources/regional-information/pacific-northwest](http://sosoutreach.org/program-resources/regional-information/pacific-northwest)

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**Soccer**

**Seattle Youth Soccer Association** [sysa.org](http://sysa.org)  
**Soccer for Success**  
[washingtoneyouthsoccer.org/programs/soccer\\_for\\_success/faqs](http://washingtoneyouthsoccer.org/programs/soccer_for_success/faqs)

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**Ultimate  
Frisbee**

**Disc NW Youth Ultimate-** [discnw.org/youth-ultimate](http://discnw.org/youth-ultimate)

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