

FACT SHEET



SECTION ON

PEDIATRICS

AMERICAN PHYSICAL THERAPY ASSOCIATION

Section on Pediatrics, APTA

1111 North Fairfax Street
Alexandria, Va 22314-1488

Phone 800/999-2782, ext. 3254
Fax 703/706-8575
E-mail: peditrics@apta.org

www.pediatricapta.org



American
Physical Therapy
Association

The Science of Healing. The Art of Caring

Resources on Fitness for Young Children

The Section on Pediatrics of the American Physical Therapy Association supports the following programs in their quest to protect, improve, and promote the nation's health through community-based actions: Healthy People 2010, Maternal and Child Health Bureau's Health Express 2010 for Children With Special Needs, Health Disparities and Mental Retardation Report, Sesame Workshop Project, Special Olympics' FUNfitness, and "So Fit." The Section on Pediatrics emphasizes the importance of physical activity and movement for children of all ages, including children with typical development and children with special needs.

The following organizations and Web sites provide useful resources for families of young children to assist them in promoting their children's fitness and physical well-being.

- *Kids in Action* is a brochure sponsored by the President's Council on Physical Fitness and Sports, the National Association for Sport and Physical Education, and the Kellogg Company, with guidelines for physical fitness for children birth to age 5. The booklet presents physical activities for children in three age groups: infants (birth to 18 months), toddlers (18 to 36 months), and preschoolers (3 to 5 years). The physical activities are simple, interactive, and require no special equipment or space and are, therefore, cost effective. There are illustrations demonstrating the activities as well as tips on healthy eating. Available at: <http://www.fitness.gov/funfit/kidsinaction.html>.
- *Kids and Exercise*, an article by the Nemours Foundation, provides an explanation that a formal workout program is not necessary for kids to get "exercise" but that daily activities of playing and being physically active are what is important. It lists the benefits of exercise, recommended amounts of exercise, and suggestions for instilling a healthy lifestyle. Available at: http://www.kidshealth.org/parent/nutrition_fit/fitness/exercise.html.
- *Fitness and Your 2- to 3-Year-Old*, an article by the Nemours Foundation, provides a general overview of expected motor skills, activity level, and suggestions for family fitness, including games to play with your child. Available at: http://www.kidshealth.org/parent/nutrition_fit/fitness/fitness_2_3.html.
- *Fitness for Kids: Getting Your Children Off the Couch*, an article from the Mayo Clinic, includes helpful recommendations for parents to encourage active lifestyle activities in and with their children. Additional links listed at the bottom of the article provide further resources. Available at: <http://mayoclinic.com/health/fitness/FL00030>.

- *Physical Fitness for Toddlers*—This tip sheet from the Illinois Early Learning Project lists expected physical activities/skills and suggestions parents can implement at home. Available at: <http://www.illinoisearlylearning.org/tipsheets/fitness.htm>.
- *Physical Activity Guidelines for Infants & Toddlers*—These guidelines are from the National Association for Sport and Physical Education (NASPE). The guidelines “address the kinds of physical activity, the environment and the individuals responsible for facilitating the physical activity.” Available at: <http://www.aahperd.org/naspe/template.cfm?template=toddlers.html>.
- *Growing Up Fit*—This fact sheet from Iowa State University Extension Service discusses the importance of and activities to encourage movement and balance, as well as the adapted American Heart Association’s Jump Rope for Heart program for younger children, ages 2 to 5. Available at: <http://www.extension.iastate.edu/Publications/PM1359B.pdf>.

There are numerous Web sites and publications available on this subject; this list is not meant to be all inclusive. Many of the listed sites have links to additional resources.



For More Information:

If you have additional questions, would like to order additional copies of this fact sheet, or would like to join the Section on Pediatrics, please contact the Executive Office of the Section on Pediatrics of the American Physical Therapy Association at: APTA Section on Pediatrics, 1111 North Fairfax Street, Alexandria, VA 22314, 800/999-2782, ext 3254, Fax: 703/706-8575. Or visit the Section’s Web site at www.pediatricapta.org.

© Copyright 2008. Developed by the Practice Committee of the Section on Pediatrics, APTA, with special thanks to expert contributors Catherine Knickerbocker, PT, and Maria Benedetto, PT, DPT.



SECTION ON
PEDIATRICS
AMERICAN PHYSICAL THERAPY ASSOCIATION

Section on Pediatrics, APTA
1111 North Fairfax Street
Alexandria, Va 22314-1488

Phone 800/999-2782, ext. 3254
Fax 703/706-8575
E-mail: peditrics@apta.org

www.pediatricapta.org

APTA
American Physical Therapy Association