



6 to 12 Year Old Fitness/Excercise


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from the health experts of Nemours



PARENTS site **KIDS** site **TEENS** site



Belilovsky Pediatrics
Strongly Advises All Parents to Consult the Following Site:
<http://kidshealth.org>
For Accurate Information Regarding Nutrition, Fitness, Excercist and Parenting Issues for Your Newborn to Adolescent Child

Preventing Problems

Kids who participate in sports are at risk for **injuries**, so be sure yours wear the appropriate protective equipment, such as a helmet and protective pads when roller-blading. Kids who specialize in one sport are also at risk of overuse injuries, including stress fractures and joint injuries.

A child with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be modified or adapted, and some may be too risky depending on th condition. Consult your doctor about which activities are safe for your child.

Kids who enjoy sports and exercise tend to stay active throughou their lives. And staying fit can help improve self-esteem, maintai a healthy weight, and decrease the risk of serious illnesses such as high blood pressure, diabetes, and heart disease.

If your child refuses to play or interact with peers, or complains o pain during activity, talk with your doctor.

Reviewed by: [Steven Dowshen, MD](#)
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