

ON YOUR FEET!

It is recommended that young children should not be inactive for prolonged periods of time - not more than one hour unless sleeping. School-age children should not be inactive longer than two hours.

One of the best ways to encourage children to be more active is to limit the amount of time they spend in sedentary activities such as watching TV or playing video games. Children two years and older should not be allowed to watch more than one to two hours of good quality television programming daily.

BE A ROLE MODEL

Parents should also try to be role models for active lifestyles and provide children with opportunities for increased physical activity. Incorporate activity into everyday routines, such as climbing the stairs instead of taking the lift and walk or cycle to a nearby coffeeshop instead of driving.

Team sports are also a very good way for kids to get their daily activity requirement, although competitive sports is not for everyone so never threaten or compel your child to compete. Refrain from making exercise a punishment. Forcing your child to go out and play may increase resentment and resistance.

Most of all, keep it fun and varied so your child will come back for more! The table below gives some examples of physical activity

WATCH OUT!

If a child has diabetes, monitoring glucose level is essential to

prevent hypoglycaemia. An extra snack or a reduction of insulin dose may be recommended by the physician. The benefits of exercise for children with diabetes include strengthening bones, muscles and joints, improving self-confidence, improving insulin sensitivity, weight management and better management of medical conditions.

High blood glucose or hyperglycaemia must also be addressed. When a child exercises, he needs more energy and the body may release extra glucose to cope with the activity. Insufficient insulin may cause increased glucose in the blood and cause excessive thirst (dehydration) and weakness.

For type 1 diabetes, diabetic ketoacidosis or dangerously high levels of ketones can occur due to insufficient insulin and fat is used as an alternative fuel. Ketones are toxic acids that build up in the blood. They appear in the urine when your body does not have enough insulin. They are a warning sign that your diabetes is out of control or that you are getting sick

Some useful tips:

1. Consult the physician before getting involved in any moderate to high intensity exercise or sports.
2. Eat right.
3. Be punctual with medications and insulin injections.
4. Avoid injecting into the muscles that are predominantly used in the physical activity.
5. Bring along a healthy snack and water during any physical activity.

Supervision is necessary especially when prescribing resistance training. Elastic bands, gym balls and elastic tubings can be used for resistance training. These are to prevent injuries to the joints and muscles of a growing child.

Daily Activities	Play	Recreation	Free Time Activities	Strength & Flexibility	Activities to reduce
Playing outside	Running/Playing tag or 'catching' games or hide-and-seek	Rollerblading	Bike-riding	Dancing	Watching TV
Taking the stairs	Jumping/Skipping rope	Soccer	Taking nature walks	Yoga	Playing computer games
Walking more	Cycling	Badminton	Ice-skating	Push-ups	
Helping around the house	Dancing	Swim	Bowling	Pull-ups	
Walking and playing with a pet	Climbing Stairs	Basketball	Canoeing	Obstacle courses	Sitting for more than an hour at a time
Riding a bike	Playing video games that require dancing and moving	Soccer	Rollerblading		
		Frisbee Kite flying Dancing Gymnastics	Swimming		