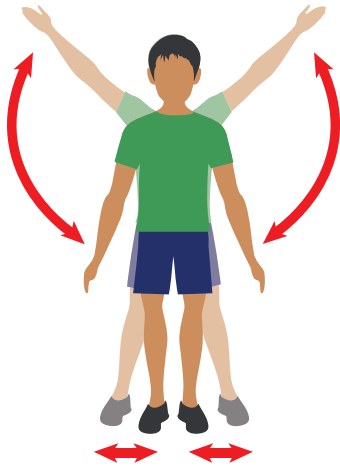


Physical activity

A parent's guide for keeping kids safe.

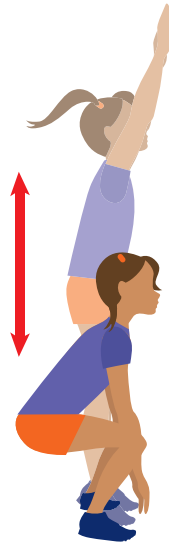


The American Academy of Pediatrics recommends families enjoy physical activities together to meet the recommended 60 minutes of exercise per day. These opportunities can include playing sports, going to a park or playground, or walking and biking on trails, among others activities. Here are some ideas for some kid-friendly exercises!



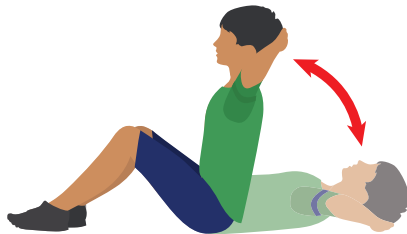
1. Jumping jacks

Have your child jump, while simultaneously moving their arms and legs outward. Their arms should be above their head. Complete for 30 seconds.



2. Frog jumps

Have the child squat, then spring up (like a frog) from the ground. Be sure to have them land with bent knees to avoid injury. Complete 10 times and increase over time.



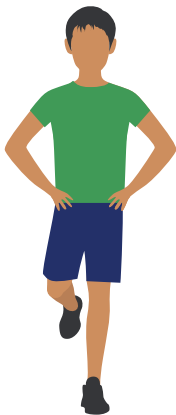
3. Sit-ups

Have your child lie on their back with their knees bent and hands behind their head. Have them sit up using their abdominal muscles. Avoid pulling on the neck. Complete 10 times and increase over time.



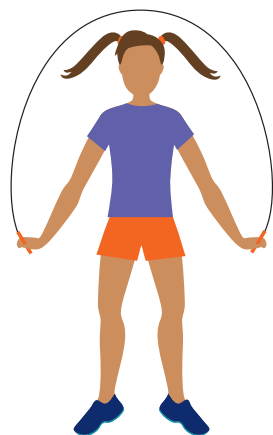
4. Crab walk

Have your child sit on the ground with feet flat on the ground. Then, have them place their hands next to their body with their fingers pointed away from their feet. Have them lift their body off the ground, so their weight is being supported equally by hands and knees. Have them walk for 30 seconds.



5. Single leg balance

Have your child stand with their hands on their hips. Balance on one leg for 30 seconds. Start with eyes open and advance to balancing with eyes closed. Repeat on the opposite leg.



6. Jump rope

Jumping rope is a great way to get the heart rate going. Have your child jump rope for 30 seconds at a time, then increase over time.

Physical activity (cont.)



Sports safety

Children ages 5 to 14 make up almost 40% of all sports injuries treated in hospital emergency rooms. Injuries in children are best handled by pediatric specialists trained in treating skeletally immature patients.

First aid

The **PRICE** formula is recommended for most orthopedic injuries:

Protect the area with a sling or crutches, if necessary.

Rest the injured area.

Ice the injury for 20 minutes at a time. Do not apply the ice directly to the skin.

Compress the injured area with a wrap. Do not pull tightly, as this can cut off circulation.

Elevate the injured area above the heart.

Warming Up

Start by running and riding at a slower, more relaxed pace and gradually work up to full speed. When perspiration begins, the muscles are warmed up and ready for a workout.

Stretching

Stretch only after having warmed up; a cold muscle is more likely to tear when stretched. Stretching after a workout increases flexibility and reduces stress on joints. Perform stretches slowly, holding each position for at least five seconds.

Nutrition

Proper nutrition before and during your workout will help you maintain blood sugar levels and keep you adequately hydrated for peak performance.

SSM Health Cardinal Glennon SportsCare

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes.

Specialists your child has access to include adolescent medicine physicians, cardiologists, emergency medicine physicians, neurologists, nutritionists, orthopedists, pediatric psychologists, physical therapists, pulmonologists, radiologists, and rehabilitation specialists. We also keep kids in the game through educational programs and supports for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call or text us **24/7 at 314-577-5640**.

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital providers, **24 hours a day in the ER at:** SSM Health Cardinal Glennon Children's Hospital, DePaul Hospital, St. Clare Hospital, St. Joseph Hospital-St. Charles, St. Joseph Hospital-Lake St. Louis, Anderson Hospital, and HSHS St. Elizabeth Hospital.



During the COVID-19 pandemic, SSM Health ministries implemented enhanced safety measures, which are evaluated periodically based on COVID-19 transmission numbers. To ensure your protection and that of others, we continue to require face masks upon entry along with ministry-specific screening processes.