

Inspiring Ideas

Inspiring Kids To Get Active And Stay Fit

(NAPSA)—The experts on fitness at the U.S. Centers for Disease Control and Prevention say children need at least 60 minutes of physical activity a day—and it wouldn't hurt most adults to get that, too.

Kids can also get moving and build self-esteem by participating in activities that help to make their own communities a better place. A first step can be as simple as tapping into a hobby, sport or local charity that sparks personal interest and imagination. Here are a few tips that can help your family get more active:

- **Incorporate physical activities** into family gatherings, birthday parties and when your kids' friends come over to play.

- **Learn which sports** and activities your kids enjoy doing and locate lessons or clubs.

- **Involve your children** in jobs or community service activities that they enjoy and that get them moving, such as planting trees and helping neighbors with cleaning.

- **Plan family outings** and vacations that involve walking, swimming, bicycling or paddling.

- **Turn on music** to get the whole family moving while indoors and even to liven up household chores.

- **Choose activity-oriented gifts** such as a jump rope, hiking shoes or a fitness club membership.

And since kids are often inspired by actors and athletes, parents can point to those who are using their skills in a positive way to succeed and make a difference. One example is 13-year-old actor Noah Ringer who, two years after he began studying Taekwondo at the age of 10, earned his coveted first-degree black belt, and used his martial arts experience to land



Healthy habits such as staying fit should begin early in life. An exciting film starring Noah Ringer may provide the inspiration that kids need.

the lead role of Aang in the live-action family adventure "The Last Airbender." Now on DVD, the film delivers some inspiring themes about achieving well-being and balance, with an uplifting message that anyone, big or small, can make a difference in the world around him or her.

"One of the aspects I appreciated in Aang's journey in the film is how, working to make himself a better person, he also encourages others to find their own unique abilities so they could make a positive difference as well," said Ringer.

Ringer, now 13, holds the 2009–2010 title of Texas State Champion in his age group in five different categories. In addition to acting and athletics, Ringer also remains active in charity work. One of the organizations he supports is Kids Kicking Cancer, a nonprofit that brings the power of the martial arts to pediatric cancer patients, helping them to manage stress with deep-breathing techniques.

"When you take time to get involved in activities and be surrounded by inspiring people, you get an amazing chance to grow on so many levels, no matter what your age," said Ringer.