

How to help children to nurture an interest for exercise



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Health is the most precious treasure in life. Vigorous and sound health is profitable forever. Infancy and childhood are the prime time for overall development. Intellectual initiation, of course, is vital. However, physical growth is also something cannot be neglected in the lifelong process. If we wish the kids to grow healthily, we have to help them to nurture fine habits of living and acquire the interest for exercise. Furthermore, we have to allow the children to contact with Nature to enjoy fresh air and sunlight and the fun of physical exercise. It is because athletic practice may ease the heavy mental pressure of learning and build up a strong constitution to manifest a balanced general development.

The nourishment of physical health after birth holds a very important effect on the constitution development. Through various sorts of physical exercise, the function of metabolism is enhanced, vigorous energy is maintained and the competence of immunity is improved to facilitate a well-proportional physique, laying down a fine foundation of lifelong sound health.

Parents play a decisive role in the process of the growth of their offspring. How to help them to acquire the pleasure in athletic exercise so that it may become a lifelong practice to foster healthy growth? Let us try to give a thought to the following points and attempt to take some actions.

Health is everything

Many parents believe that when their children are not sick they are in good health. At this, we should first renew the concept of being healthy. Everyone knows that physical exercise fortifies health and moulds temperament. Nevertheless, parents hold more concern for their children's academic results than the health situation of their kids. Sound physical and mental development in infancy, as well as childhood is a vital foundation of lifelong fine health.

A practice to enjoy

The joy of exercising does not lie only in winning. It is the challenge and the pleasure of satisfaction one experiences during the process. Moreover, one learns how to cooperate and share the fun after the game. Allow the children to take up the athletic practice they favour and never force them along, otherwise they not only lose the interest of drilling but would affect greatly the motivation of sports participation in the future. Just let the kids enjoy the fun of exercising to allow them to find happiness in it, enabling them to carry on the exercise profitable for both the physical and mental health of theirs.

Make yourself an example

An investigation shows that sport-lover parents will have exercise-lover children. It is believed that when one goes near vermilion, he/she will get scarlet-stained and when one is close to ink, he/she will be black-stained. If you wish your child to be able to find interest in physical exercise, it is important that the parents start to take the lead. Father and mother practising with their offspring as well as the household sport competition appreciation may instigate not only the

athletic hobby of their children but also enhance the family ties, creating a morcompatible and more harmonious community.

Carry on unremittingly

A fine habit is not formed in one day. The fervour of three minutes will hold only a temporary effect. Children's love for exercise needs the parents' persistent company to enable the practice to be acquired unobtrusively. It is the concern and encouragement of the adults to help their children to transform the athletic exercise into a practice and a hobby.

Dr. Liang Hong Bo

(Principal of the High School of Physical Education and Sports, Macau Polytechnics)

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