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# YOUR CHILD'S HEALTH

*Presented by the medical professionals at Midcoast Pediatrics*

## **Kids' Activities**

Kids should aim for an hour of heart-healthy activity daily. For children who are interested in team sports, this is an easy goal. But what about kids who haven't found their niche yet? Depending on age, there are many ways to keep your children active. Young children enjoy playing games like Simon Says or Red Light Green Light. Some children prefer shooting hoops solo to playing basketball, and others enjoy swimming, dancing, martial arts or gymnastics. Older kids might like to try skiing, weight training, or roller blading. Keep lots of sport options on the table for kids, but don't worry if it takes some time to find the right one. The important thing is that they are active.

**Sports are a great way for kids to build strength, character, make friends and to learn how to gracefully accept both success and defeat. For more information about anything discussed in today's column or to schedule an appointment for pediatric care, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.**

*Hint: Local recreation departments and YMCAs offer a number of low cost options to engage your child in "move your body" activities..*

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