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Does Your Child Need a Personal Trainer?

Personal training isn't just for celebrities anymore...in fact; it isn't just for adults anymore. More and more parents are hiring personal trainers to work with their kids to help them stave off a major problem we're seeing lately - childhood obesity.

Some statistics show that about 30% of children ages 6 to 11 are overweight while about 15% are obese. With PE classes on the decline, it's no surprise that many parents are turning to personal trainers for help. If you're looking for ways to get your kids more active, is personal training the answer?

One reason parents are turning to personal trainers is to help their kids exercise or to excel at sports. Another major reason, of course, is help in managing weight problems. Whatever the reason, the decision to hire a personal trainer should be up to you and your child.

Why Exercise is Important for Children According to the Nemours Foundation

What counts as exercise? Playing sports, Tae Kwon Do-martial arts, doing push-ups, and even reaching down to touch your toes is exercise. When you exercise, you are helping to build a strong body that will be able to move around and do all the things you need it to do.

Exercise Makes Your Heart Happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you are doing aerobic exercise, you may notice you are breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of work out on a regular basis, your heart will get even better at its main job - delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), in-line skating, soccer, cross-country skiing, biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

Exercise Strengthens Muscles

Another kind of exercise can help make your muscles become stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities for building strong muscles:

- Tae Kwon Do
- Sparring
- Stair running
- Interval running
- Shadow sparring
- Distance running
- Heavy bag workouts
- Push-ups
- Pull-ups
- Walking

Exercise Makes You Flexible

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain. It's easy to find things to do for good flexibility:

- Tae Kwon Do stretching exercises
- Side kick stretching
- Palm to floor touching (standing)
- Butterfly stretching
- Leg swings
- Shoulder standing
- Stretching with partner
- Front kick stretch
- Simple stretches, such as touching your toes or side stretches
- Neck muscle stretching

- Chest expansion

Exercise Keeps the Balance

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic things that the body does. But if you are active, your body needs an extra amount of calories or energy. If you are not very active, your body will not need as many calories. Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, these calories may be stored as excess fat.

A good trainer can help her find activities she can enjoy while teaching her the proper way to exercise for her age and goals. A trainer can also teach her how to lift weights, which have a number of benefits for kids and teens such as:

- More strength
- Protection from injuries
- Better health
- Higher self-esteem and confidence

A trainer can help determine what your child is capable of and teach your child how to exercise safely, effectively, and most importantly, how to have some fun so these habits stick into adulthood.

Other reasons you may want your child to work with a trainer are:

- **Sports specific training.** Athletes often need specialized training and kids who want to pursue sports may want or need help from a professional to strengthen their bodies, increase their power and endurance and protect them from injuries.
- **Guidance for exercise.** You may feel at a loss if your child wants to exercise or lift weights and you're not sure you have the expertise to show them what to do. If that's the case, the right personal trainer can help you set up a good program that fits your child's age, goals and fitness level.
- **Dislike of organized sports or group fitness.** Some kids may not like typical PE or sports, but still want to get in shape. Working one-on-one with a trainer can be a safe environment for them to get fit and strong without feeling self-conscious.

Choosing a Personal Trainer: According to the American Obesity when choosing a personal trainer for your child, make sure that he or she has:

1. A nationally recognized personal trainer certification and/or a degree in an exercise-related field.
2. Experience working with kids and/or teens. Do they have any education in Child Development?
3. A certification in CPR and First Aid.

4. You sign a waiver for kids under 18.
5. If working at a school, gym or health club has a plan in place to deal with emergencies.
6. Review the requirements for a health screening and, possibly, a doctor's release before beginning training. The trainer should also provide a goal sheet for your child.
7. A list of emergency information such as allergies, medications and emergency contacts.
8. Plans to track workouts and keep charts of progress.
9. Liability insurance.
10. A personality that works well with your child.

RIOT meets all these requirements.

When it comes to taking care of your child's health, fitness and quality of life there are any number of things RIOT does to support them.

RIOT personal training is another option you have for managing weight problems and teaching your child how to live a healthy life.

As a personal trainer for kids, RIOT understands how hard it is for a parent to maintain healthy eating habits for their families. Children today are surrounded by temptations outside the home. It is difficult for the concerned parent to provide a healthy lifestyle.

This is why RIOT programs provide tools to maintain a healthy lifestyle for your child. RIOT programs help children who have problems of obesity and also for children who need to be more active, among other things.

In order to fight the ever- growing obesity in children, parents are turning to RIOT personal trainers. The results have been outstanding; especially when one sees today that 30% of American children aged 6 to 18 are overweight. Additionally, another 15% of children are obese.

Parents who have many demands on their time find that using RIOT's professional help is an efficient way to provide their child with a healthy lifestyle, self-defense and self-mastery.

Remember this: Doctors tell us that overweight and obese children often become overweight and obese adults. Since overweight and obese children will ultimately suffer the same health problems as overweight adults, it is important to attack this problem early when positive results are easier to achieve.

A RIOT personal trainer will help your child develop coordination, build muscle mass, enhance

motor skills, and improve balance and flexibility. Overall performance in sports activities will be improved.

Even very young children can benefit from weight training. Children who exercise with light weights grow stronger and reap all the benefits of having a healthy body.

RIOT recommends that children receive two to three training sessions a week in a positive and encouraging environment. Your child will be eager to go to the training sessions when he or she sees improvement in motor skills, balance, and coordination.

When you're ready, we're here.

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity. For more information about this topic, please call **650-992-3939**