

# Lifestyle Habits Must Be Learned In Early Childhood

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By the end of this presentation you will be able to:

- Identify the long and short-term consequences arising from inactivity and poor diet in preschoolers
- Explain why it is absolutely crucial that healthy lifestyle habits are taught during the preschool years
- List the necessary components of an effective preschool fitness program

What is your interest in preschool children? How much time do you actually spend thinking/working with this population?



- Most neglected segment of the market for fitness
- Most targeted segment of the market for sale of fast food, cereal, alcohol, and tobacco
- Most easily influenced segment of the population

Children this young are eager to assimilate information and develop varied athletic skills. They desperately need to associate fun with fitness from a young age. The right program can enhance their physical health, enhance academics, boost self-esteem and add tremendously to the wealth of society:

Physical benefits



- Sports Skill Development
- Enhanced Strength
- Boosted Endurance
- Improved Flexibility
- Lower levels of Body Fat

## Educational benefits

- Health Knowledge
- Academics Subjects
- Body Systems
- Improved Classroom Learning



## Psychological benefits

- Teamwork
- Cooperation
- Sharing
- Stress Management Skills
- Improved Self-Esteem



## Financial benefits

### Contributing Factors in the decline of children's fitness

- Society
- Nutrition and Portion Sizes
- Inactivity
- Habits

### Obstacles in early intervention

- Funding
- Priorities

### Suitable programming

#### Elements of an effective preschool fitness program

- Basic Components of fitness
- Sports Skills
- 100% Hands-On
- Age Appropriate Props
- Age Appropriate Activities
- Education



Specific examples

Psychological help

Keeping attention

Behavior issues

Summary

Questions and Answers

Take part in a full length preschool fitness class

For More Information go to: <http://www.kid-fit.com>. Contact Michele directly at Aerobic Fitness Consultants via email at [michele@kid-fit.com](mailto:michele@kid-fit.com) or call (626) 359-8535.