**If you have children or are thinking about having children, how would you encourage them to maintain a balance between the time they spend engaging in sedentary activities such as watching TV and in activities that develop physical fitness?**

**Comment on 2 of your classmate’s reflections. If you agree or disagree with their stance justify your thoughts in your response.**

**Post:** There's a great deal to advance from consistent physical activity, I would urge my children to maintain a balance between sedentary activities and the activities that develop physical fitness by:

* Choosing them the correct exercises for their age, If I don't, the child may be bored.
* Giving kids a lot of chances to be energetic: Children need parents to make activity simple by giving equipment, signing them up for classes or sports teams, and taking them to play areas and other dynamic spots. Hence, I'll give my children all the equipment that they must create physical wellness.
* Keeping the emphasis on the fun: Children won't accomplish something they do not like.

At the point when children appreciate an activity, they need to accomplish a greater amount of it. Practicing a skill whether it's swimming or riding a tricycle improves their capacities and encourages them to feel achieved, particularly when the exertion is seen and applauded. These positive sentiments regularly make children need to proceed with the activity and even attempt others.

In addition, in the event that we talk about sedentary exercises, I'll fix an appropriate constrained time for my children to watch the television or play video games with the goal that they can't get disappointed and I will give an establishment to sound a reasonable eating routine moreover. In addition to a child's age, it's essential to think about his or her wellness character. Personality characteristics, hereditary qualities, and athletic capacity join to impact children's attitudes towards the interest in games and other physical exercises, especially as they get older.

**Reply 1:** Your trick is very impressive Brandon.Being dynamic at an early age can prompt a deep-rooted habit for physical movement, endorse a healthy weight all through adolescence and adulthood, and help anticipate diseases, for example, disease and stroke. Youngsters who take an interest in exercise can build up a variety of physical, mental and social aptitudes in a fun, playful ways, including group activities, bicycle riding or simply playing tag.

**Reply 2:** I like your response Meshal. You are correct Meshal. Be a good example of a functioning way of life for your children. Begin moving more yourself and observe approaches to be dynamic together as a family. Physical activity ought to be a good time for kids and adolescents. Urge children to continue attempting exercises to find the ones they like and will stay with. Decrease or limit sedentary screen time, including staring at the TV, playing computer games and utilizing a computerized gadget. Try not to utilize the television or a gadget as a babysitter.