

# Resources on Exercise for Kids and Teens

Understanding good exercise habits and forming them on their own can be difficult for kids to do. The way kids and teens learn today has changed dramatically, with many young people turning to the Internet to learn about various topics.



Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants is committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens improve your child's exercise habits. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, executive-functioning difficulties, struggles with Social Emotional Learning (SEL) skills, autism, depression, and anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns regarding your child's exercise habits, or lack thereof. Come back regularly, as the links are updated frequently.

## [Why Exercising Is Wise \(Teens\)](#)

Focusing on Teenagers, this article describes the different types of exercise including strength training, flexibility training, and aerobic exercise. It talks about why it is beneficial and how to get going with your exercise plan.

## [Why Exercise Is Wise \(Kids\)](#)

Focusing on elementary school children, this article describes the different types of exercise including strength training,

flexibility training, and aerobic exercise. It talks about why it is beneficial and how to get going with your exercise plan.

### [Sports Illustrated Kids](#)

Getting kids excited about exercise can be as simple as feeding their excitement for sports. The sports illustrated kids website has lots of relevant sports news, and information on all your kid's favorite sports. Along with exercise tips, this type of reading can spark some interest and get kids involved in a sport they never would have previously considered.