

HEALTH CONDITIONS AND AGE CONSIDERATIONS



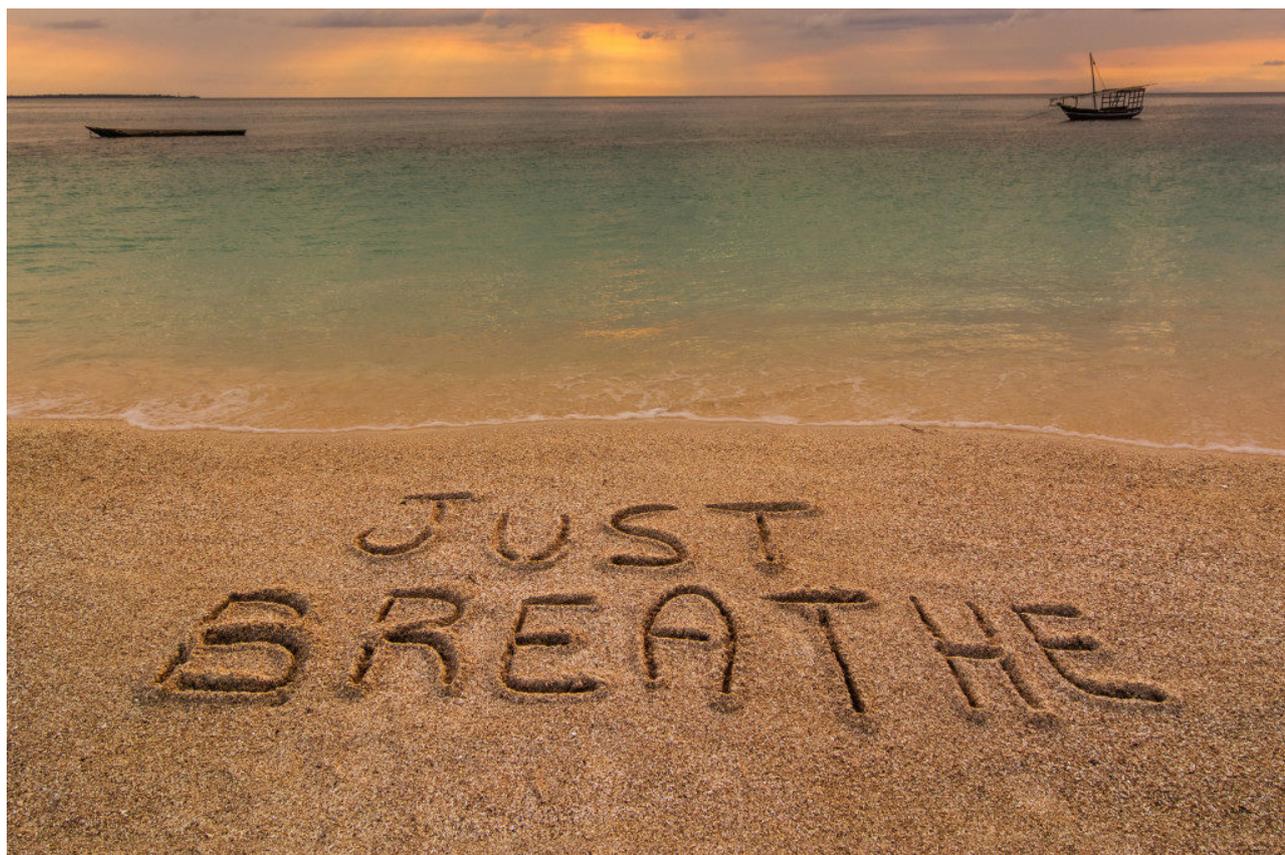
Youth fitness programs and services, including personal training, is one of the most the fastest growing segments in the health club industry. Although a group of children or adolescents may be around the same age, their response to exercise may vary considerably as a result of the individual differences in growth, development, and also physical maturation. The guidelines on youth exercise and fitness have previously focused primarily on sport-specific training. However, given the alarming increase in the childhood obesity and diabetes, our current youth fitness guidelines focus on promoting healthy life styles and also health-related physical fitness. Our current recommendations state that children and

adolescents should receive 60 minutes or more of physical activity daily. Children and adolescents should engage in aerobic, muscle-strengthening, and bone-strengthening activities daily to improve their health and reduce their risk of developing chronic disease. In a response to our growing problem of obesity and diabetes in American children, the National Association for Sport and Physical Education has revised their statement on physical activity and now also recommends that all children from the ages 5 to 12 receive up to 60 minutes of exercise and also up to several hours of physical activity daily.



It is very important for us to understand that there are fundamental physiologic differences between children and adults. Although our youth may experience some similar effects of exercise training as adults, children do not respond, adapt, or progress the same as adults do. Despite the

differences in the way youths and adults respond and adapt to exercise, our model for training purposes is still used with youths, however their progress is specific to their physiologic capabilities. We should be aware of the important physiologic differences between children and adults that impact their response and the adaptation to exercise.



Let us now discuss peak oxygen uptake, because children do not typically exhibit a plateau in oxygen uptake at maximal exercise, the term peak oxygen uptake is a more appropriate term than maximal oxygen uptake. Adjusted for body weight, peak oxygen consumption is similar for young and mature males, and is also slightly higher for our young females. a similar relationship also exists for force production, or strength. Children are less efficient and tend to exercise at a higher percentage of their peak oxygen uptake during submaximal exercise compared with adults, taking in consideration,

submaximal oxygen demand.

(a) Children do not produce sufficient levels of glycolytic to be able to sustain bouts of a high intensity exercise.

(b) Children have immature thermoregulatory systems, including both, a delayed response and also limited ability to sweat in the response to hot, humid environments.



Because of children's relatively high peak oxygen uptake levels, children can perform endurance activities fairly well. However, children do not tolerate exercise in hot, and humid environments because they have higher maximal oxygen demands and a lower absolute sweating rate when compared to adults. Vigorous exercise in hot and humid environments should be restricted for children to less than 30 minutes, also

including frequent rest periods, And as with adults, adequate hydration before, and during, and also after exercise is very important for youths. And unlike with sustained low-intensity endurance activities, children are at a distinct disadvantage my friends when participating in a short duration, high intensity anaerobic activities because they will produce less glycolytic enzymes that are required in order to support sustained anaerobic power. For safety and also training considerations, children should always have planned rest intervals when training at high intensity levels.

RESISTANCE TRAINING FOR OUR YOUTH



Research has clearly demonstrated to us that resistance training is safe and effective for children and also for adolescents. Resistance training for fitness and health conditioning in youth will also result in a lower risk of injury when compared with many of the popular sports including soccer, football, and also basketball. The most common injuries associated with resistance training in our youth are sprains, (injury to ligament) and strains (injury to tendon or muscle), which are usually attributable to a lack of having qualified supervision, and also poor technique, and, or, improper progression, . Injuries can and do occur in youth participating in any activity or sport, including resistance, however, no injuries have ever been reported in a well-designed scientific studious looking at the effect of resistance training in youth. Furthermore, my friends, the majority of published research on this subject has reported that both children and also adolescents can gain significant levels of strength as a result of resistance training beyond that normally associated with the growth and development. A review of the literature suggests that untrained children can improve their strength by an average of 30% to 40% after 8 weeks of progressive resistance training. Resistance training in youth has also been shown to also improve motor skills such as jumping and sprinting, body composition, and bone mineral density. Improvements in performance and strength after a resistance training program in youth appear to be owing to neural adaptations versus muscular hypertrophy. a variety of recommendations and guidelines, as well as books, has been published on how to design resistance training programs for our children and adolescents.



If we will begin our children in an exercise, fitness program when they are young, it would more than likely become a lifestyle for them as they become older. Which would give them a true chance of living a long quality life.

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META TITLE HEALTH CONDITIONS AND CONSIDERATIONS

META DESCRIPTION Describing the difference of fitness programs for children, adults, and the benefits

May you always be in good health, humbly your Paul Earl.