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Getting Your Kids Involved in Yoga by [Cathydionisio](#)

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Do you like to exercise? Are you a person who stretches daily, perhaps an avid yoga practitioner? If you do yoga and have kids, chances are that they are standing next to you making valiant attempts to get themselves into the positions which you are contorting yourself into. Also, since the average child has quite a bit more flexibility than does the average adult, they are probably doing a pretty darn good job of getting into the positions they are attempting.

With the number of people practicing yoga today, there are many options for children to be active in the exercise. There are yoga exercises for kids' classes available in many locales. If you do not have a gym or children's center near you which offers yoga classes for your children, jump onto your favorite internet search engine, because your child can do yoga in the comfort of your own home, and you do not even need to be their instructor. There are many options available for yoga exercises for kids videos, and you can purchase child sized yoga mats and clothing. If you do not want to get the videos, which do not ensure that the child is properly performing the moves, you could invest in a WiiFit, which is an accessory for the Nintendo Wii, and shows how well the person using it is balancing while doing any particular yoga position. Another game console option is to get the Xbox 360 with Kinect. The Kinect is a full body scanner which will tell the user if they are in the proper position.

Kids like to do what their parents are doing, and if their parent is doing yoga, the kid will likely be interested. When you teach your child to have healthy habits and to practice a healthy lifestyle, including exercise, your child will grow up with these things held in high esteem, and will have a healthier life. Exercise and healthy living are essential in life, and will prevent many problems later in life. This makes instilling healthy habits in your child extremely important. When you make healthy living a part of their life, they will avoid substance abuse, and will be less likely to have various diseases as they age.

Whether you enroll your child in yoga exercises for kids class, or get them into some other form of activity and exercise, you need to get them into something beneficial. Kids need exercise, and with childhood obesity becoming more and more prevalent, it becomes obvious that they are not getting what they need. Do not let your child become a statistic. Keep them active and ensure that they know how to live a healthy life and that they want to do so. The desire is there early in life, being lazy and inactive is a learned trait, one that we need to stop before it gains a foothold. Keep your child's future in mind; teach them what they need to survive and to be present for that future.

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[Cathydionisio](#) - About Author:

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