

# Carlisle kids "start smart" with exercise

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According to the U.S. Surgeon General, American kids are in the worst shape of any generation because of the availability of junk food, TV and lack of exercise. The National Institute of Health states that children need at least one hour of physical activity every day.

**Lindsey Bradshaw runs with pre-school students at the Carlisle Barracks Child Development Center, as part of her program to encourage children to be physically active. The pre-school students spend one hour-a-day with Lindsey as part of the "Start Smart" program. Photo by Staff Sgt. Corey Baltos**



At Carlisle Barracks, Lindsey Bradshaw, the youth sports and fitness program associate, is making sure that kids are getting the exercise they need.

Bradshaw runs several fitness programs designed at getting kids to enjoy exercise and make it apart of their daily routine.

"I try to make physical activities enjoyable so the kids will want to do them," said Bradshaw. "If it is fun then the kids are more likely to stick with it as they grow up."

Bradshaw runs a "Start Smart" program for children age 3 to 5. The program, which was created by the National Alliance for Youth Sports, teach basic and sport specific skills to pre-school age kids. "I begin with teaching the kids basic sports skills such as how to throw, catch or kick a ball," she said. "Once they have learned that, I move into teaching the kids how to play different types of games, such as baseball, basketball or soccer. Each sport segment lasts about six weeks.

However, not all of Bradshaw's exercise programs are sports directed. "I want the kids to be physically active when they play, so I incorporate fun activities such as ribbon play, to keep kids active."

Once the children move onto elementary school they can join Bradshaw's "just run" program. This program focuses on running as a way to promote fitness and a healthy lifestyle.

"We are training for the Armed Forces Kids Run which will take place at military installations all over the world on May 21, 2011," said Bradshaw. "This will be the second year that Carlisle Barracks has participated in the run."

To help the kids prepare for May's run, Carlisle Barracks will be holding a "Gobble Gallop" at Indian Field on Nov. 20 for kids age 4-13. "The Gobble Gallop will be a test run for the kids," said Bradshaw.

Bradshaw also teaches kids the proper ways to lift weights. "Before the kids can use the weight machines at the youth center, I very specifically express to the kids the goal they should be striving for, which is challenging your body to be more physically fit. Not competing with your friends to see who can lift more or trying to bulk up by power lifting."

"What I hope kids take away from these programs is that physical fitness can be fun, and the benefits are lifelong," said Bradshaw.

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