

OCEANA
Dam Neck
IN MOTION



In Motion

website: <http://www.nasoceana.navy.mil>



Photo by JO3 Amanda Robinson

From l-r, Gregory Myers, Brandon Perez, and Joseph Juba prepare to slide at the new water park at NAS Oceana. Aeropalms Water Park is open daily except Tuesdays from 11 a.m. to 6 p.m. The water park provides an opportunity for children and adults to enjoy fun and physical activity in the sun.

The top ten fun fitness summer activities for kids

Summer is here and children enjoy staying active and healthy during their break from school.

Parents need to encourage their children to warm up properly and stretch before each activity and teach them never to play through any type of pain or make winning the reason for playing any sport. Let children choose the activity and keep the focus on having fun.

To keep kids moving, the American Council on Exercise suggests ten, fun fitness summer activities.

1. Soccer: This highly active game involving both agility and teamwork has grown increasingly popular in the U.S. in recent years. To keep kids injury free, be sure they are geared up in

appropriate protective equipment, such as shin guards. Soccer players should also wear shoes with cleats or ribbed soles to prevent slipping.

2. Martial arts: With a variety of forms to choose from, martial arts are a great way to get kids involved in a sport that involves strength, coordination and mental discipline. Proper training and equipment to prevent injury are a must.

3. Bike riding: Bicycle riding is a fun activity for the whole family. Experts suggest children ride on sidewalks and paths until they are at least 10 years old, show good riding skills and are able to follow the rules of the road. Helmets, of course, are a necessity for both children and



Photo by Diana Settles

Natalie Herald, age 12, enjoys a rollerboard competition with her friends at the Oceana Youth Center. "I really like sports and exercise because I enjoy learning new skills. I have fun while

adults.

4. Swimming: Nothing beats splashing around a pool with friends, and swimming offers the benefits of a full-body workout for both young and old. The American Academy of Pediatrics recommends swimming lessons for children ages 4 and up, although classes are available for babies and toddlers as well.

5. Basketball: Whether it's a round of HORSE, a game of one-on-one, or a full-court competition, basketball is ideal for developing hand/eye coordination and teamwork. Encourage children under the age of seven to use a smaller foam or rubber ball, and lower the height of the basket if possible.

6. Obstacle courses: Challenge kids to use a variety of different skills by setting up an obstacle course at the park using playground equipment or other items, such as roller boards, jump ropes, balls and cones.

7. Dancing: Whether your kids like ballet or hip-hop, dancing encourages them to be creative and move their bodies freely. For video arcade fans, an innovative new game challenges opponents to follow a dance routine while watching the video. Kids can spend time learning new moves while also getting a great workout.

8. Board sports: Whether snowboarding in the winter, surfing in the summer, or skateboarding year-round, kids love to be on the board. Injury risk, however, is higher for these

I am learning," said Natalie. For family fitness, Natalie's parents, VF-103 "Jolly Roger" ADC(AW/SW) Wayne Herald and wife Vera, enjoy bicycling with their daughter.

sports. For both snowboarding and skateboarding, kids should wear helmets to prevent head injuries, and surfers or boogie-boarders should always be accompanied by an adult.

9. Jumping rope: Jumping rope is still a favorite on most playgrounds. Whether alone or in a group, jumping rope challenges both coordination and stamina.

10. Hiking: There are many places to hike in the Virginia Beach and Chesapeake areas. Enjoy a family hike on one of the various beaches in the area, or participate in a nature adventure among one of the many wooded hiking trails at the local state parks.

•First Landing State Park (<http://www.dcr.state.va.us/parks/1stand>) Hiking, bicycle trails (and bike rentals), self-guided trails. Nine walking trails total approximately 19 miles. The most popular, the first section of the Bald Cypress Trail, is one-mile, crosses dunes and ponds and is handicapped accessible. A brochure for the self-guided tour is available at the Trail Center. Trail walks are conducted by interpreters throughout the year, and trail guidebooks are available in the Trail Center.

•Northwest River State Park (<http://www.chesapeake.va.us/services/depart/park-rec/hiking.shtml>) Hiking along the park's many trails brings nature up close. Stroll along any of the park's more than seven miles of winding trails.