



Exercise Routine

Game Time – Week 8

One of the four gold points of the Royal Rangers emblem represents physical growth, which means one of the objectives of the Royal Rangers program is to help guys grow strong & healthy in their physical bodies. Last week in our game time we looked at the calories in some of the food items we commonly eat. Keeping a watchful eye on the food we eat is an important part of growing healthy.

This week we're going to do some physical exercises to help keep our bodies in good shape. These exercises don't require any special equipment and can be done in your living room, back yard, garage, or any place where you've got some space.

Since it's difficult to describe an exercise in writing, we've provided some links below to videos online where you can find exercises demonstrated. Feel free to look for other videos that demonstrate exercises better suited for your group if you choose. *Please note that the material referenced here is provided merely as sample references for physical exercises and does not represent an endorsement by Royal Rangers of these sites as a whole or other content that may be found there.*

TEN FUN EXERCISES FOR KIDS

These exercises are relatively easy to do and can be done just about anywhere.

<https://www.youtube.com/watch?v=h3Xrtm0IVnY>

FULL-BODY CONDITIONING EXERCISES FOR KIDS

These ten exercises take a little more effort but represent a more complete exercise routine.

<https://www.activekids.com/fitness/articles/full-body-conditioning-exercises-for-kids/slide-8>

EASY EXERCISES FOR TEENS

Three easy strength-building exercises you can do at home.

<https://kidshealth.org/en/teens/easy-exercises.html>

HOW REGULAR EXERCISE BENEFITS TEENS

If you'd like to learn more about the benefits of physical exercise, check out this page on WebMD.

<https://teens.webmd.com/benefits-of-exercise#1>

We recommend that the leader or parent identify the exercise to be done with the boys in advance, practice the actions involved, and then demonstrate them to the boys during your Remote Rangers meetings. We DO NOT recommend sending boys online to find exercise videos unless accompanied by a parent.

More information on the importance of physical growth and the ways we encourage it in Royal Rangers can be found in Chapter 23 of the Discovery, Adventure, or Expedition Rangers handbook.