



Active Play is Now Essential Necessity

Madina Khamzina
Community Health

My son does not enjoy playing outside. Things like riding his scooter or bicycle or playing soccer far from his favorite things to do. I am afraid that he will never explore the pleasure of climbing the trees as one of the active outdoor activity. This makes me feel worried about his future health, just like the future of many other inactive kids worldwide. Physical inactivity in kids is one of the leading causes of obesity and heart diseases when they are grown up. As a parent, I feel that I have to do something in order to avoid these entirely preventable health consequences. My research looks into finding ways of promoting regular physical activity and wellness in early childhood, as one of the critical habits. To do this, me and my partners have launched a project back in my home-country (a kid on a picture) that provides physical activity classes through play for very young kids. The ultimate goal is to provide recommendations for parents of these young kids for indoor and outdoor active behavior.