

Top 10 Health Benefits of Summer Cam

By **Health Fitness Revolution** - June 2, 2015



Summer is just around the corner, and as kids are free from their school-related stresses and planning computer screen, parents are wondering what they can do to get their kids physically active and so entertain the idea of sleep away camps, sometimes having a child far from home isn't the best option that, as their name suggests, occur during the day. Kids are dropped off in the morning at a specific time then return home just in time for supper. It's the best of both worlds – the child gets the irreplaceable experiences and retain their peace of mind.

Here are the top 10 benefits of sending your kids to day camps:

- **Builds leadership skills** – Day camps and summer camps offer many character-building exercises and activities they do as necessarily promoting leadership ability, children learn to work with others and develop assertiveness and self-confidence.

- **Promotes social interaction** – Children who attend day and summer camps have the opportunity to meet and interact with children that may not attend their school. Because summer camps attract kids from many different backgrounds, your child can interact with people they may not be familiar with, providing them with valuable social skills while your child becomes more open-minded and accepting of many different types of people, cultures and traditions.
- **Champions resilience** – Day camps provide children with new challenges and obstacles – all of which require hard work and persistence. Because of the challenges the child are presented, they develop a resilience and motivational drive to solve a problem that's been presented to them. While the children may experience competition, these setbacks teach them endurance and enable them to make improvements for the future.
- **Builds self-esteem** – With the child often engaged with their peers and challenges, the child develops their confidence levels. The exercises the children perform are designed to encourage creative thinking. Summer camps value open discussion of ideas and opinions. With the genuine thoughts of their newfound friends, the child gains confidence in their ability to be away from parents and friends and in solving problems.
- **Acquire life-long skills** – Children that attend summer camps are able to learn how to live and thrive on their own. Other family members will assure children that they can thrive on their own. Some of the skills taught include responsibility, respect, integrity, and critical thinking.
- **New experiences** – Kids enrolled in summer and day camps get to experience many more activities than at home. Summer camps are designed to keep your child entertained and involved during the day, therefore activities are planned. From sports and exercise, to reading and arts and crafts; your child will get to experience things they can't do at home.
- **Learn new hobbies** – Because of the vast variety of activities done at summer camp, kids will discover new abilities. Finding new hobbies can lead to honing those skills into talents, giving the child a lifelong skill discovered at summer camp. Even if the child doesn't develop a particular passion for summer camp, the hobbies will make them well-rounded individuals due to their exposure of many different hobbies.

- **Exercise** – Children spend most of their time during the school year indoors. For about six hours to fidget, not to run, and to stay in line. Children are very energetic and those hours of sitting drain their energy, and by summer they are more than ready to sprint with the butterflies. Summer camps provide activity in children. Featuring a multitude of outdoor activities, including obstacle courses and team sports to meet your child’s energy levels and maybe even boost them! Your child will have loads of fun running and playing of mind knowing they’re on their way to a healthy lifestyle.
- **Connection to Nature** – Summer camps focus many of their activities in the outdoors. This is especially true for cities and don’t have firsthand access to the beautiful view nature provides. Spending time outdoors is a **great stress reliever**, **improve academic performance**, and **promote sociability**. and is a wonderful way to connect with nature.
- **Unplugs technology**- Summer camp gives children the opportunity to put down their smartphones and tablets around them. Away from the fantasy distraction of modern technology, kids gain practical skills and become less dependent on technology.

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