## Tammy Camp, M.D.

Why is it important for parents to incorporate physical activity in time spent with their children.

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For parents who incorporate physical activity with their kids actually are teaching their kids the importance of doing physical activity themselves. And so we want for parents to be able to be active with their child, so that their child says, I want to do

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## How can parents prevent overuse injuries? 3:49

The best way to prevent overuse injuries is to allow your kids to participate in multiple different activities. When a kid decides to specialize in one particular activity over and over, then you will have a greater is risk of injury. We really think of not specializing in sports until you are past puberty. And the reason for that is that you're growing you're developing. And by not specializing you're not doing the same repetitive motions over and over. So incorporating a variety of physical different types of physical activity into your routine can help prevent those overuse injuries. Just that being physically active with your family can make all the difference with how you feel physically how you feel emotionally, and especially right now when we have so many mental health crises across the country and with kids. Being physically active can really make a difference with how they do emotionally.