

## Suggestions for Keeping Kids Interested - at home.

The key is to keep it fun!

Here are a few ideas that have worked well other rowing families.

- Encourage your child to keep a log. It can be kept online or on paper - or both. Make charts to hang on the fridge or a wall, where kids can fill in boxes to represent the meters they have rowed.
- Set some attainable goals such as the C2 Kids' Club awards. You can find more info at: <http://www.concept2.com/us/motivation/awards/kidsclubs.asp>
- Make the activity available...whether it means making a special trip to school, or the health club, or moving the Indoor Rower into the living room.
- Create home/family mini-challenges....can your kids row half as many meters as you can over the next month? Or set a family meters goal for the summer and add everyone's meters together.
- Encourage your child to try other distances...like 500 meters, 1000 meters.... some variety in the length and intensity of rowing sessions is good.
- Sometimes it helps to get other kids involved. You'll have the best sense of this. If your child has a few friends who would be interested, they could do "relays" where each kids rows for 1 or 2 minutes with quick changes in between kids - and the goal is to get as many meters as they can in 10 or 15 minutes. If this seems to work, it could become a little "rowing club" that meets every week or two.
- But most of all - make it fun! There will probably be times when your child loses interest, or just needs some time off, and that's fine. Then you might take advantage of something like our Holiday Challenge (Thanksgiving to Christmas) to get him/her started again. (We have a kid's Holiday Challenge as well as two levels of adult challenge.)