

get up and go!

Your fitness level plays a major role in how well you feel and look, what illnesses you avoid, and how much you enjoy life. Try for at least 30 minutes of physical activity most days of the week. It doesn't even have to be all at one time. It's okay if you only have 10 minutes here and there for physical activity, as long as it adds up to at least 30 minutes by the end of the day.

Physical fitness is the combination of flexibility, muscle strength, a healthy heart and blood vessels and a strong set of lungs. Being involved in physical activity is also a great way to meet new people and hang out with friends.

Did you know?

Young people in America spend more time watching television than any other activity except sleeping.



Physical activity...

- Helps you maintain a healthy weight
- Is fun and can be done with friends
- Improves your hair and skin
- Energizes your brain, increases creativity, and improves concentration
- Increases self-esteem, self-confidence, and self-image
- Increases muscle tone, strength, and endurance
- Gives you more energy
- Improves flexibility
- Lowers stress
- Helps you sleep better at night
- Improves your posture



Instead of watching TV, surfing the Web, or playing video games, try some of these activities to help you get active and fit!

- Playing basketball
- Exercising to a video
- In-line skating
- Snowboarding
- Riding a bike
- Dancing
- Swimming
- Running
- Fast walking
- Cross-country skiing

Try for at least 30 minutes of physical activity most days of the week.



excuses, excuses...

People usually come up with lots of reasons not to be active. Physical activity gives you energy to do more of the other things you like each day.

Build activity slowly to avoid injury. Drink plenty of water before, during and after your favorite activity. See for yourself how being active affects how you feel and perform each day.

“I don’t have time.”

“The weather is bad.”



“I’m too embarrassed.”

“It’s too expensive.”

“I don’t like to exercise alone.”

“I’m too tired.”

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Finding new ways to fit activity into your daily routine is not as hard as you might think. Here are a few ideas to get you started:

- Walk, in-line skate, or ride your bike to school.
- Meet up with friends to shoot some hoops.
- Go dancing instead of seeing a movie.
- Take your dog for longer walks.
- Join a sports team at school.
- Run around the track during lunch.
- Surprise your parents by washing the car.
- Try a fitness video before going to class in the morning.
- Jump rope, do sit-ups or push-ups or stretch in front of the TV.
- Limit screen time (TV, computers, video games) to two hours or less per day.
- Use stairs instead of an elevator.
- Have your parent park the car at the far end of the parking lot when you go to the mall.

