

Kids...Be Active

Why is being active so important?

Being active keeps your body healthy and strong. It can help you stay at a weight that's right for you or help you lose weight. Physical activity can make you feel better if you're in a bad mood, relax you, and help you sleep well.

What types of activity are good to do?

There are many ways you can stay active.

- ~ Walk the dog, take a hike, or ride a bike.
- ~ Roller skate, in-line skate, or ice skate.
- ~ Dance, swim, or jog.
- ~ Play basketball, baseball, golf, soccer, tennis, or volleyball.
- ~ Take the stairs instead of the elevator, skip rope, throw a disc, or fly a kite.

Think of other things you can do and just move. **Just have fun!** Make exercise a part of your daily life. Be active with a friend or family member. It's easier and more fun when you have a workout buddy.

How much exercise do you need?

If you haven't been very active, start slow. Try a few minutes each day. Work up to 60 minutes almost every day. Pick activities you like to do.

How can your friends and family help?

Ask your family and friends to be active with you. It's good for everyone and helps get rid of stress. It's a great way to spend time with people you like too. Ask your family to take a walk after dinner instead of watching TV. Instead of playing computer games, put on music that everyone can dance to. Help clean the house, cut the grass, do garden work, rake leaves, or shovel snow.

What if you don't like to exercise?

There are lots of things you can do to be more active. Try doing sit-ups, lifting weights, or jumping rope while you watch TV. Take the stairs when you can, run around during recess, or walk fast around the mall when shopping. **You don't have to play a sport or go to a gym.**

Don't get upset if you can't do a lot or get out of breath at first – keep trying. Any amount of activity will help and you can add a little more each week. Make a list of things you like to do. Hang it in your room as a reminder to be active.

