

MOVE MORE EVERYDAY!

WHAT KINDS OF PHYSICAL ACTIVITY DO YOU LIKE?

Write down some exercises/activities you find enjoyable.

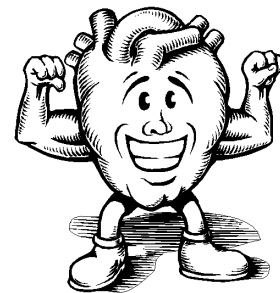


Ex. playing basketball

_____	_____
_____	_____
_____	_____

BENEFITS OF EXERCISE:

- Reduces risk of diseases like heart disease, stroke, and diabetes
- Can improve blood pressure and cholesterol levels
- May help you sleep better
- Can improve mood and mental health
- Help with weight loss or weight maintenance
- Strengthen bones and muscles
- May increase energy levels
- May help improve academic performance
- It can be fun and make you feel good!



PHYSICAL ACTIVITY RECOMMENDATIONS FOR CHILDREN AND ADOLESCENTS (6-17 YEARS):

Children and adolescents should do **60 minutes or more** of physical activity each day. Most of the 60 minutes should be either moderate or vigorous-intensity aerobic activity.

AND

Muscle-strengthening and bone-strengthening activities (each)
at least 3 days a week

MOVE MORE EVERYDAY!

THERE ARE MANY DIFFERENT TYPES OF EXERCISE.

Let's focus on three kinds:

AEROBIC exercise is also known as "cardio" and is any physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster than at rest. This kind of exercise increases the amount of oxygen in the blood and strengthens the heart and lungs.

Examples of Moderate-intensity:

- Hiking
- Skateboarding
- Bicycle riding
- Brisk walking
- Baseball, volleyball, basketball

Examples of Vigorous-intensity:

- Jumping rope
- Martial arts, such as karate
- Running, soccer
- Swimming laps, surfing
- Gymnastics
- Tennis



MUSCLE-STRENGTHENING activities make muscles work harder than usual. These exercises can help build muscle mass and give you more power.

Examples:

- Push-ups, pull-ups
- Resistance exercise
- Rope or tree climbing
- Sit-ups
- Cheerleading or gymnastics
- Rock climbing



BONE-STRENGTHENING activities produce a force on the bones that helps bone growth and strength. This force is commonly produced by impact with the ground. These exercises are especially important for children and adolescents because most of their bone mass is obtained in their teenage years.

Examples:

- Hopping, skipping, jumping
- Running
- Sports such as gymnastics, basketball, volleyball, tennis

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ARE YOU CURRENTLY MEETING THE RECOMMENDATIONS FOR WEEKLY PHYSICAL ACTIVITY?

YES

NO

If no, list some obstacles you encounter. Then list possible solutions.

Barriers to Exercise	Solutions
Ex. Lack of motivation	Find a friend to workout with that will hold you accountable!



IMPORTANT!
Always consult your doctor before beginning any exercise program.



REMEMBER TO STAY HYDRATED!
 Drink more water, the liquid your body needs.

6 TIPS TO KEEP YOU MOVING!

1. Set goals and review them often.
2. Get support. Tell someone about your plan or find a workout partner.
3. Track your progress. Consider using an app or journal to record your physical activity.
4. Be patient. Take it one step at a time.
5. Stay positive.
6. Don't give up!



Children and adolescents should avoid inactivity. Some physical activity is better than none, and those who participate in any amount of physical activity gain some health benefits.

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LET'S MEASURE OUR HEART RATES!

To find your resting (while calm and relaxed) heart rate, follow the instructions below:

Step 1: Face palm of one hand up towards sky

Step 2: Place index and middle finger of other hand lightly on the outer wrist below base of thumb

Step 3: Press lightly until you feel a pulse

Step 4: When your instructor says "START," begin counting your pulse quietly in your head.

Step 5: After 6 seconds, instructor will say "STOP." Remember how many beats you counted.

Step 6: Multiply your number by 10 to calculate how many times your heart beat in 1 minute.

♥ How many times did your heart beat per minute (at rest)? _____



TIME TO GET MOVING!!!



After completing the physical activity, repeat steps 1-6 above.

♥ How many times did your heart beat per minute (after exercise)? _____

♥ Compare your numbers. Did your heart rate... (check one)

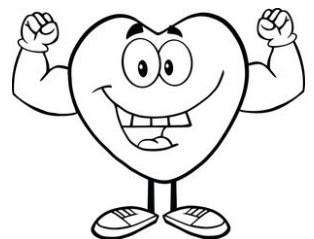
Increase?

Stay the same?

Decrease?

REMEMBER!

Your heart is a muscle. During physical activity, your heart pumps faster to supply your body with the oxygen-filled blood that it needs. If you want your heart to be strong, you need to exercise it by being active in a way that gets you huffing and puffing.



SCREEN TIME

INSERT

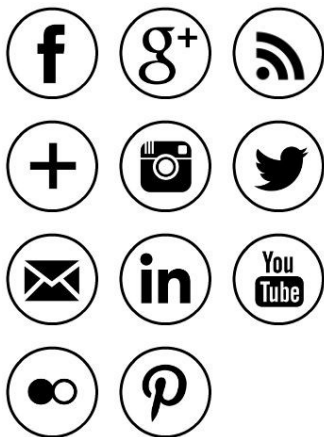
WHAT IS SCREEN TIME?

- TV
- DVD
- Video and computer games
- Recreational computer use
- Internet surfing
- Cell phones or mobile devices
- Social media sites
- Instant messaging and text messaging
- Other electronic devices

Did you know... young people ages 11 to 14 spend an average of 8 hours and 40 minutes a day using media. This is more time than they spend doing anything else except sleeping.



How many hours do you spend in front of a screen each day? _____



SCREEN TIME AND HEALTH

Screen time can...

- Disturb your sleep and play, even if it's on in the background
- Include advertisements for unhealthy foods
- Make it harder to concentrate in school
- Make you less active
- Take away from activities that help brain development, imagination and social skills (talking, playing, singing, reading)

HOW MUCH IS OK?

- Limit screen time to one hour per day on weekdays and two hours per day on the weekend
- Make screen time= active time. When you do spend time in front of a screen, do something active. Stretch, lift weights, or walk in place.
- Make meal time=family time

