

MOVE MORE EVERY DAY

BENEFITS OF EXERCISE

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



PHYSICAL ACTIVITY RECOMMENDATIONS

Youth should do **60 minutes (1 hour) or more** of physical activity **each day**. Most of the 60 minutes should be **moderate-intensity with at least 3 days of the week being vigorous-intensity aerobic activity**.

THE TALK TEST



Moderate Intensity is an exercise intensity where you are able to have steady conversation.

What are some Moderate Intensity exercise activities?



Vigorous Intensity is an exercise intensity where you are only able to say few words before you need to take a breath.

What are some Vigorous Intensity exercise activities?

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:

- Brisk walking
- Bicycle riding
- Active recreation, such as kayaking, hiking, and swimming
- Playing games that require catching and throwing, such as baseball and softball
- House and yard work, such as sweeping or pushing a lawn mower

Examples of Vigorous-intensity:

- Running
- Bicycle riding
- Active games involving running and chasing, such as flag football
- Jumping rope
- Sports such as soccer, basketball, swimming, tennis
- Vigorous dancing

MUSCLE-STRENGTHENING

activities should be done **at least 3 days a week**. They 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 should be done **at least 3 days a week**. They 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, tennis, basketball, and volleyball



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
Example: <i>Lack of motivation</i>	<i>Find a friend to workout with that will hold you accountable!</i>

IMPORTANT!

Always consult your doctor before beginning any exercise program.

REMEMBER TO STAY HYDRATED!

Drink more water, the liquid your body needs.

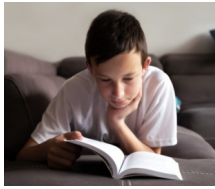
TIPS TO KEEP YOU MOVING!

- Set goals and review them often.
- Get support. Tell someone about your plan or find a workout partner.
- Track your progress. Consider using an app or journal to record your physical activity.
- Be patient. Take it one step at a time.
- Stay positive.
- 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.

LET'S MEASURE OUR HEART RATES!



To find your **RESTING** heart rate (while calm and relaxed):

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? _____



To find your **ACTIVE** heart rate:

Step 1: Everyone **STAND UP**.

Step 2: When I say **START**, briskly march in place for 1 minute.

Step 3: When I say **STOP**, sit down and *immediately* find your pulse again.

Repeat steps 1 to 6 above.

How many times did your heart beat per minute after physical activity? _____

Compare your numbers.

Did your heart rate: Decrease? Stay the same? Increase?

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

What is screen time?

- Cell phones or mobile devices
- Social media
- Instant messaging and text messaging
- Online games
- Online videos
- Internet browsing
- TV
- Other electronic devices

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 okay?

- Limit screen time to **1 hour per day on weekdays** and **2 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. Turn off the screens and enjoy time with your family.

Did you know that over 50% of teenagers have more than 4 hours of daily screen time?

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



HAWAII
FOOD AND LIFESKILLS FOR YOUTH
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MOVE MORE EVERY DAY

What's one way you plan to
move more each day, and how
do you think it will help you?
