



Hey Kids! Here are some ways to get your heart pumping!

Find an activity that you like doing each day and do this for at least 30 minutes. Be sure you work hard enough to get your heart pumping! Some ideas are:

- ✓ Walk the dog. The first week, walk at least one block. Each week add an extra block or two until you are walking fast for one mile or more (12 blocks = approximately one mile).
- ✓ Walk to one end of the mall and back. Don't stop to visit or window shop until you have finished one complete lap.
- ✓ Take the stairs instead of elevators.
- ✓ Do jumping jacks, push-ups or sit-ups during the commercials while you watch T.V. instead of getting a snack.
- ✓ Turn on your favorite tunes and dance.
- ✓ Help plant a garden or mow the grass.
- ✓ Join a youth center, like the YMCA or Boys & Girls Club. Sign-up for basketball, dance lessons, or swimming.
- ✓ Challenge someone to a game of catch, basketball, or jumping rope every day.
- ✓ Learn a new skill such as skate boarding or roller blading.
- ✓ Join a sports team at school or meet your friends after school for a game.

If you don't think you can exercise for 30 minutes all at once, exercise for 15 minutes twice a day, or 10 minutes three times a day.

Work hard to stay in shape!

Strong muscles will help you stay in shape and keep you from hurting yourself, even if you are just walking or picking up something off the floor. Be sure to lift weights only under the careful supervision of an adult who knows the right method for children and adolescents.

Activities that make your muscles strong are:

- Push-ups
- Pull-ups
- Stomach crunches or sit-ups



Any physical activity for 30 minutes a day can help you become fit, have more energy, lose weight, and feel better!

Call 1-866-464-7147 to speak to a nurse 24-hours a day.

Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.