

GET 1 HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY!

5-24-10

WHY?

MORE FLEXIBILITY
REDUCE STRESS
FEEL BETTER ABOUT YOURSELF!
BETTER MUSCLE TONE
BOOST YOUR ENERGY & CONFIDENCE
IMPROVE YOUR MOOD
PREVENT CHRONIC DISEASES

HOW?

1. Find something you enjoy doing. To be active doesn't mean you have to join a gym.
2. Start small... even 5 minutes a day is a great way to start. Then see if you can increase it to 10, 20 minutes or more.
3. Incorporate physical activity into your daily routine.
 - | Walk to school rather than getting a ride. Take the stairs instead of the elevator. Do sit-ups, jump-rope or dance during commercial breaks.
4. Choose social activities that promote physical activity.
 - | Instead of going to eat fast food with friends, go window shopping, bowling, or shoot a dance video.
5. Keep it fun! Listen to music on your ipod or listen to an e-book during your workouts.
6. Fall off your routine? We all do! You can always start again. When it gets rough, keep reminding yourself of how great you will feel afterwards!

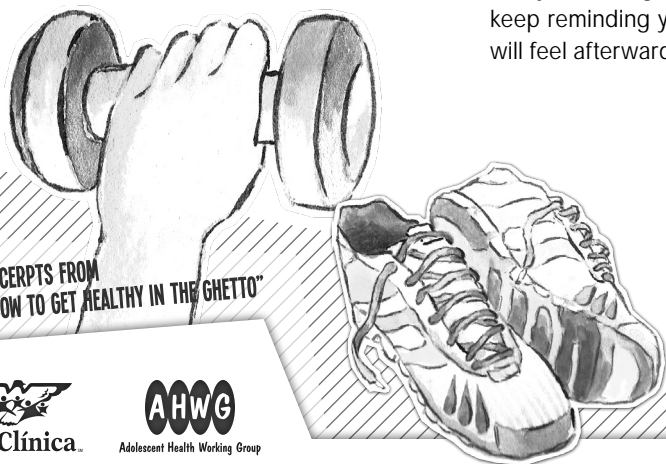
WHAT?

Listen to your body, and start with whatever level is right for you. As you increase intensity, the stronger your heart and body become, and the more calories you burn.

- | **LIGHT INTENSITY** (you're not sweating and not breathing hard) – *slow walking, dancing slow, yoga, bowling, ping pong.*
- | **MODERATE INTENSITY** (you can talk, but can't sing and you're breaking a sweat) – *Walking fast, dancing, swimming, running up stairs, aerobic classes, biking.*
- | **VIGOROUS INTENSITY** (you can't talk or sing, you are sweating and breathing hard) – *Jogging, basketball, soccer, biking uphill, swimming laps, high-impact aerobic classes.*
** Remember to stretch before and after physical activity to prevent injuries.*

AND THIS:

- | **MUSCLE BUILDING** also known as "Resistance Training;" helps increase muscle mass, increasing your metabolism to burn more calories – *Weight training using weight machines, free weights, or resistance bands (regimen of 2-4 times a week, alternating days and muscles that you will work)*
- | **MIND/BODY AWARENESS** – Take time to stretch and breathe. This will increase your flexibility to help prevent injury as well as help you relax – *Stretching, yoga, meditation, a few deep breaths*



EXCERPTS FROM
"HOW TO GET HEALTHY IN THE GHETTO"



AHWG

Adolescent Health Working Group

