

Physical Activity

Tips to Make Exercise Fun!

- Make it social - Invite a friend, parent, or family member to exercise with you.
- Listen to some music.
 - Turn up the volume and listen to your favorite music while exercising.
 - Music can make the time go a lot *faster!*
 - But safety is first; be careful when using headphones outside.
- Do something new and exciting.
 - Do something that you have never tried.
 - Have you ever tried rollerblading, kickboxing, dance, gymnastics, jump roping, swimming, yoga, or karate?
- Make it challenging.
 - Set some goals and reward yourself for your exercise behavior.
 - Work hard to get that reward.
 - Exercise isn't always easy, work toward getting a "Sweaty Head".
- Add some variety in your regular exercise. Spice up your exercise by doing something different each time.
 - Try home exercise videos, doing jumping jacks in the middle of your daily walk, and doing different types of exercises every week. (Keep mixing up your routines)
- Do something you enjoy!
 - So you do not like to swim, then don't do it. *Find something else you like.*
 - Exercise should be fun! Make sure it is something that you enjoy.
 - If it is something that you like odds are you will do it.



How to Get 60 Minutes of Physical Activity in Each Day

| If You Only Have: | Try Doing This: |
|-------------------|---|
| 5 minutes | <ul style="list-style-type: none"> ● Get the mail ● Take out the trash ● Jump rope/hula hoop |
| 10 minutes | <ul style="list-style-type: none"> ● Take a walk ● Toss a football/Frisbee or baseball ● Help around the house <ul style="list-style-type: none"> ○ Bring in the groceries ○ Sweep ○ Do the dishes ● Practice your best dance moves |
| 15 minutes | <ul style="list-style-type: none"> ● Walk the dog ● Do a quick strength routine ● Wash the car ● Practice your jump shot, fast pitch, goal scoring |
| 20 minutes | <ul style="list-style-type: none"> ● Ride your bike or rollerblade (remember to wear your helmet/safety equipment!) ● Play outside with a friend or visit a neighbor ● Exercise during every TV commercial when you watch your favorite 1 hour show |
| 30 minutes | <ul style="list-style-type: none"> ● Do strength training ● Go swimming ● Rake the leaves, shovel the snow ● Go to the park ● Practice your sport (basketball, baseball, football, soccer, etc.) ● Take a walk/walk the dog |

