

Exercise and You!

EXERCISE: How Long?

Teens need to exercise for about 60 minutes every day. Incorporating exercise can be done through a variety of ways, including playing sports or dancing with friends. If you're not active for 60 minutes straight, it's okay to exercise in 10 to 20 minute increments throughout the day. Most important? Have fun!

CHANGE IT UP!

Pick exercises or sports that you like to do and choose a few different options so you don't get bored!

Aim to exercise most days of the week. If you're not very active right now, start slowly and work your way up!

There are 3 LEVELS of Physical Activity:

Light: Not sweating; not breathing hard.

Moderate: Breaking a sweat; can speak but can't sing.

Vigorous: Sweating. Breathing hard, speaking is difficult.

No matter what level you are exercising at, the activity can be one of two types:
Resistance Exercise and **Weight-Bearing Exercise**

Resistance Exercises can be done using weight machines, free weights, resistance bands or even one's own body weight (push-ups.) Resistance training increases strength and builds muscle.

Weight-Bearing Exercises include walking, running, hiking, dancing, gymnastics, soccer and other activities that work bones and muscles against gravity. Weight-bearing exercises can aid in weight loss.

EXERCISE: What's Right for You?

Your exercise should increase your heart rate and move the muscles in your body. Swimming, dancing, skating, playing soccer or riding a bike are all examples of exercise that does these things.

Adapted from the article:
Exercise for Teens:
How Much and What Kind?
www.achievesolutions.com

Source: The National Women's Health Information Center, A Project of the Office on Women's Health in the U.S. Department of Health and Human Services, <http://4girls.gov/fitness/exercise>