

Move It!

Your body counts on you to be active to help strengthen your bones and build lean muscles. So stop sitting around and get moving!

Okay, you know it's smart to be physically active. But how much activity is enough?

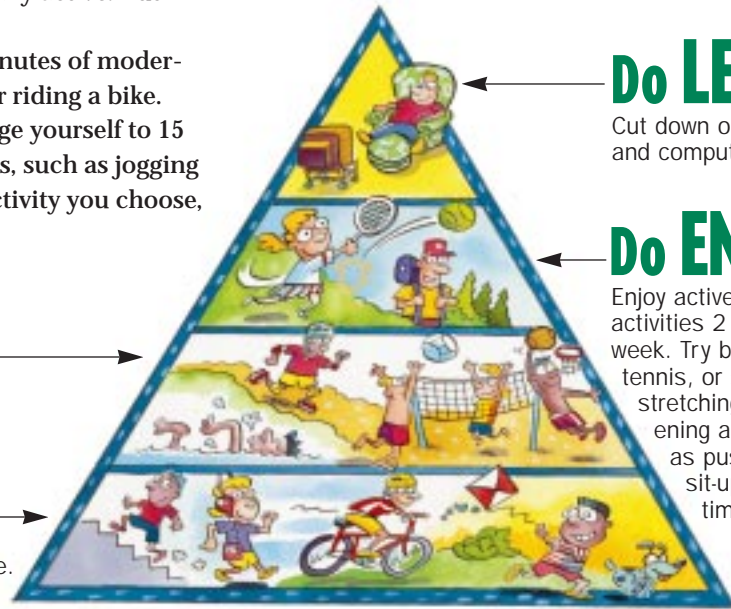
Each day, try to work in about 30 minutes of moderate physical activity, such as walking or riding a bike. Or, at least three times a week, challenge yourself to 15 to 20 minutes of more intense activities, such as jogging or one-on-one basketball. Whatever activity you choose, make every day an active day.

Do MORE

Do intense activities, such as swimming, in-line skating, soccer, or volleyball, 3 to 5 times a week.

Do PLENTY

Add more daily physical activity to your life. Take the stairs. Walk or ride your bike.



Do LESS

Cut down on TV watching and computer games.

Do ENOUGH

Enjoy active leisure activities 2 to 3 times a week. Try brisk walking, tennis, or softball. Do stretching and strengthening activities, such as push-ups and sit-ups, 2 to 3 times a week.

How Much Do You Move?



Find out how active you really are—keep a Physical Activity Diary. Here's Derek's diary. Check it out, then fill in your own in the Student Activity Booklet.
REMEMBER: When you're doing a physical activity you should be able to talk, not sing.

WEEKDAY	PHYSICAL ACTIVITY	HOW LONG?
Monday	Walked to School Swept garage	10 minutes 5 minutes
Tuesday	Walked to School Walked home	10 minutes 10 minutes
Wednesday	Walked to School Carried 4 heavy garbage cans to curb	10 minutes 5 minutes
Thursday		
Friday	Danced at Halloween party	15 minutes
Saturday	In-line skating	1 hour
Sunday		

Did you get at least 30 minutes of moderate activity each day? **NO.**

Did you get at least 15 minutes of more intense activity three times a week? **NO.**

Do you think you're getting enough physical activity? Why? **NO.** Probably I'm spending too much time

playing computer games and surfing the net. I also hang out with my friends a lot, just listening to music.

How can you fit more regular physical activity into your life? I guess I should try turning off my computer. I could get my friends to go in-line skating after school. I could walk to and from school every day.

10 Ways to Get Physical

Pick and choose your own way to becoming a better you. Consider these fun ways to put more action in your life.

1. Take Your Feet

Forget about asking your folks for a ride. Put your feet to the ground and start walking. Your feet will thank you, your heart will thank you, and Mother Nature will thank you for helping to cut down on air pollution.

You wouldn't want to be put out of action your first time rolling.

3. Take the Stairs

Forget the elevator. By simply taking the stairs every chance you can, you'll get a workout without even thinking.

4. Walk the Dogs

Whether you volunteer or get paid,



dog walking is a fun, furry way to be physically active.

5. Turn Up the Music

Shake, rattle, and roll to your favorite tunes. It doesn't matter if you do the tango or the twist as long as you move as you groove.

6. Bike There

Mountain bikes are it! They go wherever you take 'em. So grab your friends and hit the trail. Of course, wear a helmet.

7. Earn Extra Cash

That's right, make money while helping your body. Try mowing



lawns, weeding gardens, shoveling snow, and cleaning garages.

8. Baby Sit

Sounds silly, but if you've never kept up with a toddler you're in for a surprise. They move—and they move fast. Keeping your eye on a tot can challenge even the quickest.

9. Lap It Up

Swimming, diving, even water polo are all great activities and a real splash to do with friends. So don't be a drip, learn to do a flip.

10. Play One-on-One Basketball

Talk about a total body workout. First person to 21 wins!

TRY THIS! Talk Your Head Off

Here's a way to see if your body is getting a good workout. *If you can talk while doing a physical activity, you're probably moving at a pace that's right for you. If you're too breathless to talk, slow down. And if you can sing, you may not be working hard enough—so get moving!*