

EFNEP

Exercise is Fun

Enjoy games with friends or help around the house 2-3 times a week-hopscotch, play on swings or climbing equipment, fly a kite, help your parents with yard work or gardening.

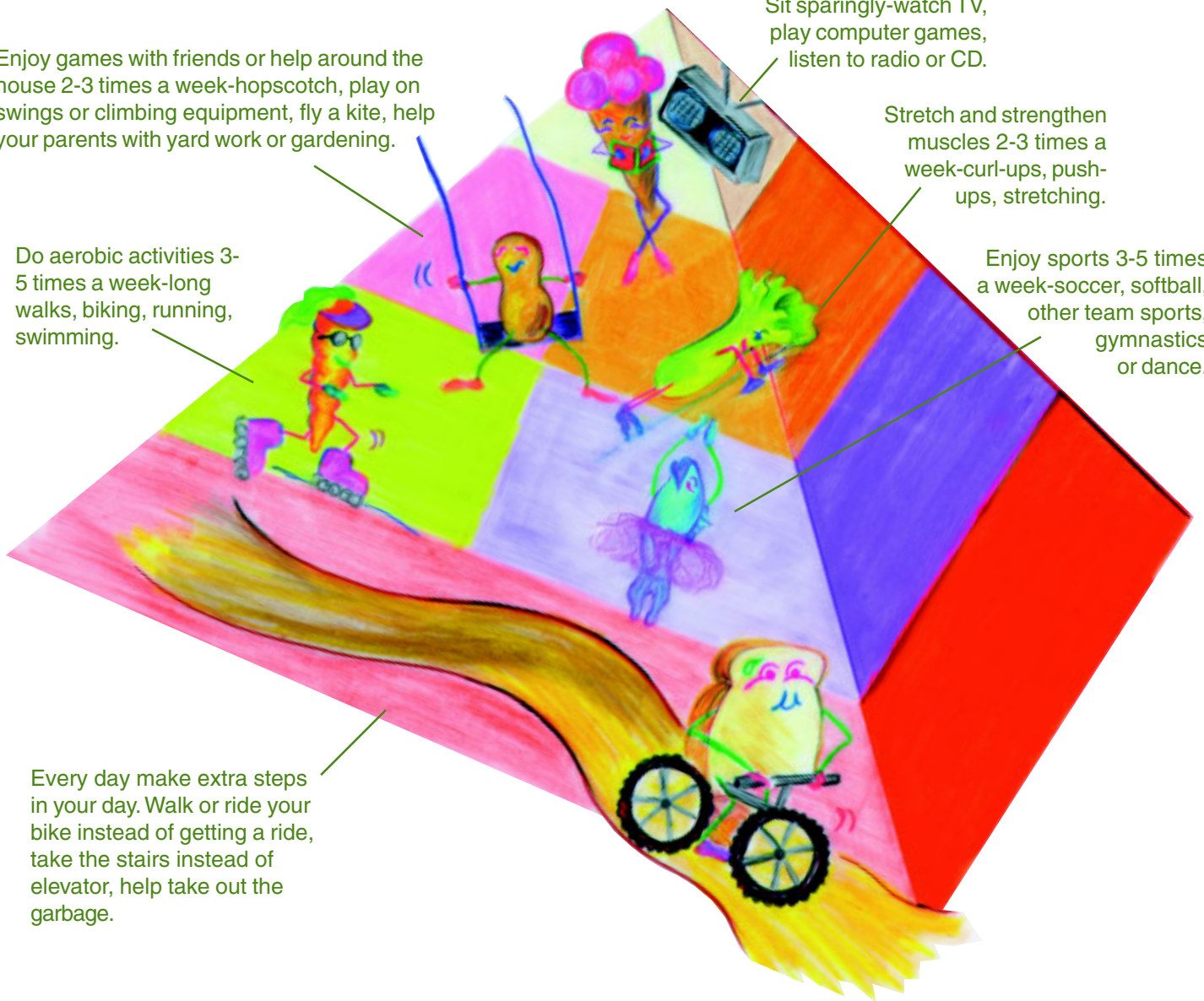
Sit sparingly-watch TV, play computer games, listen to radio or CD.

Stretch and strengthen muscles 2-3 times a week-curl-ups, push-ups, stretching.

Do aerobic activities 3-5 times a week-long walks, biking, running, swimming.

Enjoy sports 3-5 times a week-soccer, softball, other team sports, gymnastics or dance.

Every day make extra steps in your day. Walk or ride your bike instead of getting a ride, take the stairs instead of elevator, help take out the garbage.



Eating right and exercising are important for a strong, healthy body. Besides being fun, regular exercise helps you have...

- ◆ a healthy heart and healthy blood vessels
- strong muscles
- ◆ healthy lungs
- healthy bones

Being active also helps in these ways...

- ◆ helps control weight
- prevents constipation
- ◆ helps you sleep better
- helps you feel better
- ◆ helps you learn better

Make activity family affair.

Take walks together, play volleyball, go hiking, swimming, etc.

Some ideas to be more active.

Go to the park with your family, and play on the gym set. Play hopscotch with your friends. Turn on some music, and move with the music.

List some activities you enjoy. Draw pictures to show these activities.



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