

EXERCISE

A **Key** to Staying **Healthy**

*Exercise helps
you in many ways.
It makes your
body healthy
and makes you
feel good.*

HOW DOES IT HELP ME?

You need exercise for good health. It helps you keep a healthy weight. It helps prevent heart problems, diabetes and some kinds of cancer. Exercise helps you feel better and live longer.

HOW MUCH EXERCISE DO KIDS NEED?

Kids need one or more hours each day. Aerobic exercise like running should make up most of your kid's exercise. Include exercises to make muscles stronger. Gymnastics or push-ups are good exercises to make muscles stronger. Exercise helps children build healthy bodies. It also helps them sleep better and do better in school. Help them find ways to get exercise at regular times. Do it with them if you can. Keep it fun.

HOW MUCH DO ADULTS NEED?

Adults need two and a half hours of moderate exercise or one hour and 15 minutes of heavy exercise each week. It can be done for shorter times that add up to two and a half hours of moderate exercise or one hour and 15 minutes for heavy exercise. Do exercises to make your muscles stronger on two days out of the week.

WHAT KIND SHOULD WE DO?

Start easy and build up to more.

These will make you sweat and make your heart beat faster:

- ▶ Riding a bike
- ▶ Walking fast
- ▶ Dancing
- ▶ Swimming
- ▶ Some sports
- ▶ Some house- and yard work

These will give you a good workout:

- ▶ Jogging
- ▶ Swimming laps
- ▶ Riding a bike fast
- ▶ Some sports

These will help you build muscles:

- ▶ Lifting weights
- ▶ Doing yoga
- ▶ Stretching with bands
- ▶ Push-ups, pull-ups and sit-ups
- ▶ Some house- and yard work

Stretching exercises are also good. They make you more flexible.

Check with your doctor before you begin a new exercise program. Exercise is a great way to help you and your family feel well and stay healthy.