

THE VERDICT IS IN... HIGH SCHOOL STUDENTS IMPROVE THEIR ENERGY AND HEALTH WHEN THEIR PHYSICAL ACTIVITY ADDS UP TO AN HOUR OR MORE EACH DAY.

WHAT IS PHYSICAL ACTIVITY?

Moving your body during everyday routines at home, school, work, transport, and for fun in your free time. There are different types of intensity for activities.

Moderate: Activities that use large muscles including activities like walking, swimming, cycling, dancing, yoga, yard work, and house chores. You'll be able to talk during activities and be working at 55-69 percent of maximum heart rate for age.

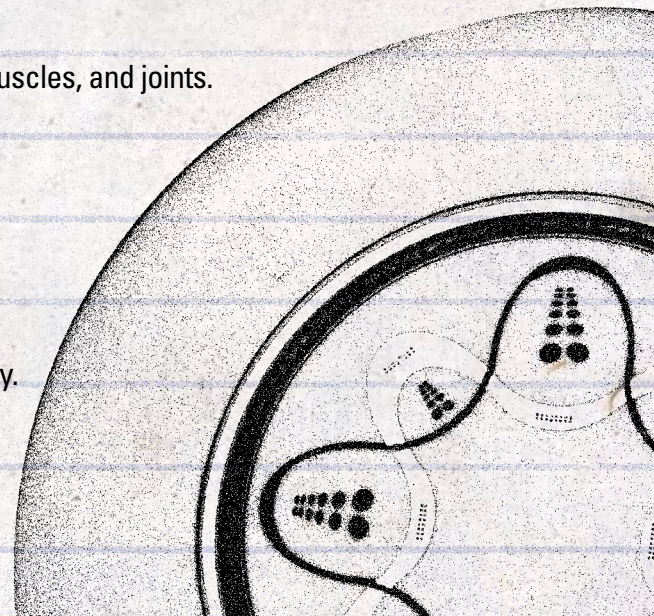
Vigorous: Activities that use large muscles more energetically such as, jogging, running, lap swimming, cycling, aerobic dancing, skating, rowing, jumping rope, soccer, and basketball. At this intensity, it will be difficult to talk, you'll be winded and working at 70 percent or more of maximum heart rate for age.

HOW MUCH DO I NEED TO BE HEALTHY?

One hour of physical activity doesn't have to happen all at once —tossing a Frisbee with friends for 20 minutes, walking home from school 15 minutes, and skate boarding or rollerblading for 30 minutes—it all adds up.

What's in it for me?

- Makes a statement. Pick an activity that fits your personal style.
- It's fun and gives you something new to do with friends and family.
- Helps you look good and feel good.
- Helps build and maintain healthy bones, muscles, and joints.
- Reduces stress and helps you relax.
- Increases self-confidence.
- Boosts energy.
- Strengthens your heart.
- Helps achieve a healthy weight.
- Reduces feelings of depression and anxiety.
- Improves attention and learning.



HOW CAN WE MAKE IT EASY TO BE ACTIVE AND HEALTHY?



AT HOME – TAKE HOME TIPS FOR EATING HEALTHY.

- Download a podcast, use your Wii Fit, or buy a DVD for at home dance, aerobics, yoga, and more.
- Equip yourself with things that will help you be active and keep them handy (e.g. rollerblades, tennis racquets, jump ropes, or a basketball).
- Explore night or weekend activities you'd like to do with friends and family and make it a routine (e.g. hiking, kayaking, bowling, or kickball).



AT SCHOOL – ENCOURAGE YOUR SCHOOL TO GET MORE EQUIPMENT, PROGRAMS, AND EVENTS PROMOTING ACTIVE AND HEALTHY CHOICES.

- Start a before-school fitness club.
- Install bike racks on school grounds.
- Request an activity zone so students can use lunch, study halls, and break time to be active.
- Work with the physical education teacher to increase elective classes—think adventure, yoga, Pilates, and more!
- Start an after-school activity club with like minded students—consider martial arts, dance, biking, and other activities.



IN THE COMMUNITY:

- Get your school, clubs, friends, and family involved in community activity events like Walk-Runs, Bike Rides, and Community Clean-up days
- Talk to your local park district or fitness center about adding activity classes for high school students (yoga, dance, training for a 5K run, and more)
- Make your neighborhood a safer place to bike or walk. Work with local officials to paint crosswalks, post pedestrian signs, and designate bicycle lanes.
- Volunteer to walk elementary kids to school. More time to be active, add up community service, and be a positive role model.

WANT TO LEARN MORE?

<http://www.smallstep.gov/>

http://kidshealth.org/teen/food_fitness/