

HEY, SPORTY, GET FIT!

Staying healthy takes work! The best way to keep yourself looking and feeling great is to eat well and exercise.

How do I “get fit”?

As you know, there are hundreds of ways to get fit! Lots of kids play sports, but if sports aren't for you, don't worry, there are still plenty of ways to be fit. Here are some ideas for whatever type of activity you may enjoy:

Pop quiz!
 Can you remember all the reasons why physical activities are good for you? Circle True or False to test your knowledge!

Kids who get enough physical activity feel more stressed.
true false

Kids who get enough physical activity feel better about themselves.
true false

Getting enough physical activity helps you feel more ready to learn in school.
true false

Kids who get enough physical activity have healthy weights.
true false

Getting enough physical activity is harmful for your bones, muscles, and joints.
true false

Being physically active makes it hard to sleep better at night.
true false

Answers: False, True, True, True, False, False, False

Did You Know?

- Did you know that you should get at least 60 minutes (that's one hour!) of physical activity each day? Says who? Says the President of the United States!
- What are some benefits of getting enough physical activity?
 - Feel less stressed
 - Feel better about yourself
 - Feel ready to learn in school
 - Maintain a healthy weight
 - Build and keep healthy bones, muscles, and joints
 - Sleep better at night

Sports:

basketball	racquetball
baseball	running
hockey	gymnastics
soccer	wrestling
football	skateboarding
tennis	martial arts
swimming	ice skating
golf	bowling
volleyball	

Non-Sport Activities:

walk your dog	vacuum
rake leaves	take the stairs
jump in puddles	play tug-of-war
play at the playground	shovel snow
play tag	try yoga
ride a bike	play WiiFit
dance	fly a kite
go rock-climbing	make your bed
wash the car	



Resources: http://kidshealth.org/kid/stay_healthy/fit/no_sports.html
<http://www.writtenh.gov/medlineplus/voiceforchildren.html>
<http://www.mayoclinic.com/prints/fitness/SM00057/METHOD=print>