

PHYSICAL FITNESS



START EARLY

Developing healthy habits at a young age will increase the chances of maintaining them into adulthood. Being active every day is important, not only for your physical health, but for the mind and spirit too!

STRONG BONES

Exercise has a positive impact on bone formation. Bones are living tissue, just like muscles, and they require stress to grow strong and maintain strength. Weight-bearing exercises such as running, dancing, or lifting weights all help build strong bones.



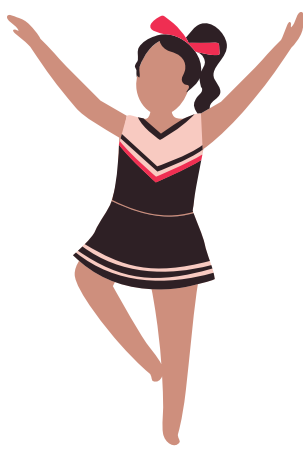
FEELING GOOD

Exercise benefits every part of the body by producing endorphins, dopamine and serotonin, the "feel good hormones".

HOW MUCH EXERCISE?

For people ages 13-18, at least 1 hour a day.

8am	Walk to bus stop	10 minutes
12 noon	Play soccer	20 minutes
3pm	Afternoon stretch	5 minutes
4pm	Dance around the house	30 minutes
Total time:		60 minutes



SPORTS TEAMS

Those who belong to sports teams have a built-in plan for getting physical activity. Being part of a team also provides benefits like feelings of belonging, new friendships and learning to be a team player.

PLANNING AHEAD

Ask yourself...

Where and when can the exercise take place?

Are there options that are free or low cost?

Are there other friends who can join to make it more fun?

What kind of exercise is appealing to me?



WHAT ARE YOU WAITING FOR?

