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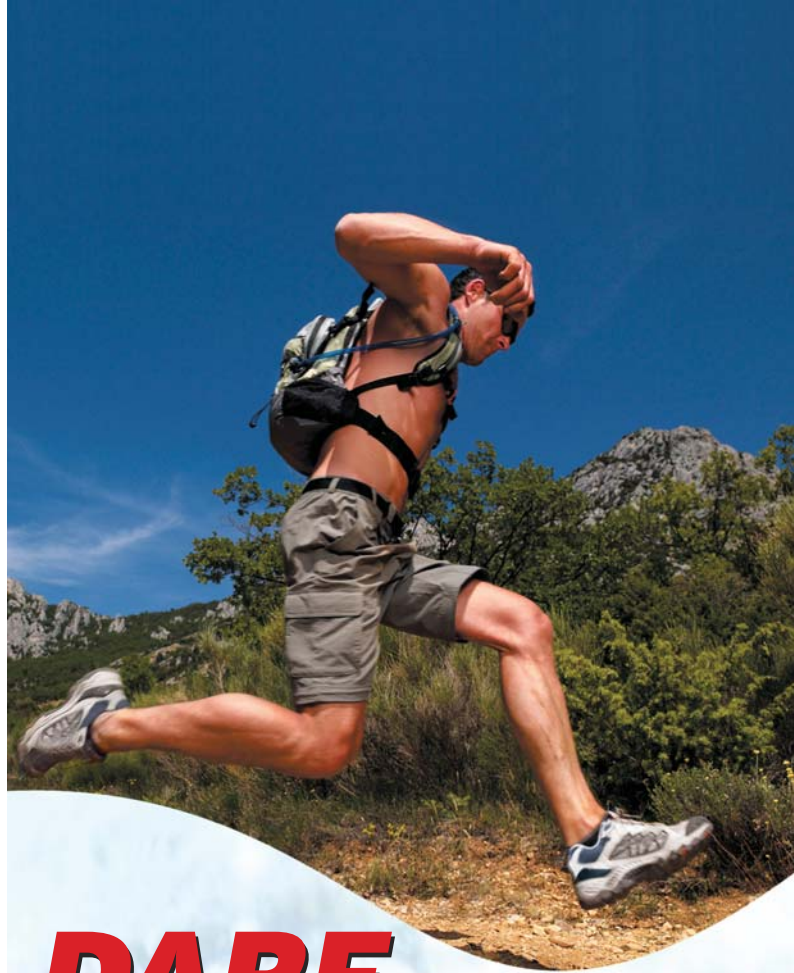
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**DARE  
TO BE  
ACTIVE!**

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**Physical  
Activity Guide  
for Youths**



## Why be active?

- Improve physical self-esteem
- Meet new friends
- Achieve a healthy weight
- Build strong bones and strengthen muscles
- Maintain flexibility
- Promote good posture and balance
- Improve fitness
- Strengthen the heart
- Increase relaxation
- Promote healthy growth and development
- Boost academic performance

## Let's get active!

This guide will help you to gradually increase your Physical Activity by:

1. increasing the time spent on Physical Activity thereby,
2. decreasing the 'non-active' time spent on TV, game consoles and surfing the internet.

Month	Moderate activity <sup>1</sup>		Vigorous activity <sup>2</sup>		Total daily Physical Activity
Month 1	20 min	+	10 min	=	30 min
Month 2	30 min	+	15 min	=	45 min
Month 3	40 min	+	20 min	=	60 min

**Congratulations!** Daily active time is part of a healthy lifestyle.

<sup>1</sup>Moderate Physical Activity is the type of activity that raises the heartbeat and makes you warm; examples include: brisk walking, going up the stairs in 2 steps at a time, hi-low impact aerobics and cycling.

<sup>2</sup>In vigorous Physical Activity the effects on the body are more intense than in moderate activity. In addition, you may find it difficult to carry on a conversation because you may become out of breath. Examples include: running, supervised weight training, soccer, fast cycling and squash.

## Combining three types of Physical Activity for best results

Ideally you should do an activity that gets the whole body moving; preferably an activity that you enjoy doing. For best results include:

1. **cardiovascular (aerobic)** activities and sports that make you breathe deeper, your heart beats faster, and make you feel warm. Examples include: jogging, running, cycling, swimming, dancing, aerobics, tennis, basketball, football and volleyball.
2. **strengthening (resistance)** exercises that build your muscles and bones. These can be done by lifting your own bodyweight (eg. sit-ups & push-ups) or by using free weights or resistance machines.
3. **stretching (flexibility)** exercises like bending and reaching that keep your joints moving and reduce muscle tension.

## Hints to get you started

Decide when to take the first step. It's all up to you, and YOU can do it!

- Walk to school, college or university
- Go to the park or gym with your friend
- Bike, run or walk instead of getting a drive with mum or dad
- Take the dog for a walk or carry the groceries
- Put on some music and move
- Play sports
- Go skating, swimming or bowling
- Check out some activities at the community centre
- Take a class of aerobics or gymnastics
- Try something new like wall climbing or dance classes

Whether it's at home, at college or university, at work, inside or outside, with family and friends, Physical Activity can always be great fun.

Physical Activity is FUN!

