

PHYSICAL ACTIVITY

Regular exercise can:



Prevent sickness



Strengthen bones



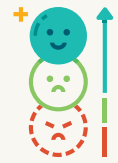
Keep heart and lungs healthy



Strengthen muscles



Improve attention and focus



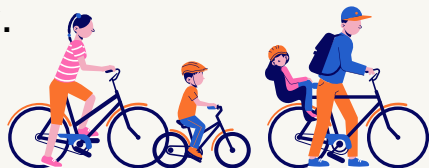
Improve moods

Exercise helps children deal with stress and ease feelings of anxiety and depression. It can also reduce the risk of health problems. Here are some things things you can try to help your child develop good exercise habits:

Limit screen time.

Instead of using screen devices, encourage children to play inside or outside.

- Children under 18 months old should be discouraged from using screens.
- Children 18-24 months old should not use screens by themselves.
- Children 2-3 years old should only use screens up to 1 hour a day.



Provide active toys.

Give children balls, hula-hoops, bikes, tricycles, or anything else they enjoy playing with.



Do physical activities as a family.

Plan active family outings to make exercise a priority. Your children are more likely to be active if they see you being active and having fun with them. Playing together is also a great bonding opportunity!

PHYSICAL ACTIVITY

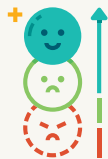
Regular exercise can:



Keep you from getting sick



Make your muscles stronger



Make you feel happier



Help you focus better



Keep your heart and lungs healthy



Make your bones stronger

Exercise makes both your body and your mind feel better. It can boost your mood and help you deal with sad feelings. Doing sports is also a great way to meet new friends!

What exercises do you like to do? There are many different exercises to choose from. Write down some activities you want to do and be sure to move your body every day!

Here are some ways you can move your body!



Biking



Baseball



Swimming



Jump roping



Tennis



Yoga



Basketball



Martial arts



Running



Soccer



Dancing

PHYSICAL ACTIVITY

Regular exercise can:



Improve your memory and attention



Reduce the harmful effects of stress



Improve your heart and lung health



Help you regulate body weight



Strengthen your muscles



Strengthen your bones



Boost your immune system

Not only is exercise good for your physical health, exercise is a great way to manage stress! It can boost your mood and help ease feelings of anxiety and depression. Participating in team sports can also help you form healthy and supportive relationships.

Children and adolescents should get at least 60 minutes of exercise every day. Having a balance of aerobic, muscle-strengthening, and bone-strengthening exercises will keep you healthy as your body continues to develop.

CREATING A FITNESS PLAN

Starting a new exercise routine and sticking with it can be challenging, especially with a busy schedule. Luckily, there are many things you can do to make this process easier.

Thinking of what motivates you

There are many benefits to exercising. Perhaps you want to join a team sport to meet new friends, start taking walks to help manage stress, or go to the gym to feel stronger.

Doing enjoyable activities

Any movement is good for you. Doing activities that you find fun will make exercising something to look forward to.

Starting small

To avoid feeling overwhelmed, start small. Then, slowly build up from there. For example, you can start by exercising for 15 minutes every other day, then add 5 minutes into your routine each week.

PHYSICAL ACTIVITY

Improves your memory and attention

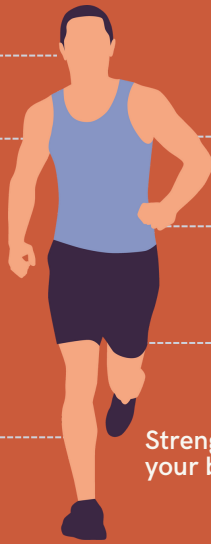
Improves your heart and lung health

Boosts your immune system

Helps you regulate body weight

Strengthens your muscles

Strengthens your bones



After exercising, the levels of stress hormones in the body are reduced, which can make you feel more at ease.



Participating in team sports or simply exercising with others promotes healthy and supportive relationships.



The body releases endorphins when exercising, which contributes to feelings of joy, delight, and relaxation.

Exercise is beneficial for both your physical and mental health. Adolescents should get at least 60 minutes of moderate to vigorous exercise every day. Think of a few personal exercise goals and create an action plan to achieve these goals. Having a balance of aerobic, muscle-strengthening, and bone-strengthening exercises will keep you healthy as your body continues to develop.

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EXERCISE DURING PREGNANCY

Regular exercise can:



Reduce the harmful effects of stress and ease feelings of anxiety and depression



Reduce the risk of pregnancy complications



Keep your body healthy to support you and your baby



Ease common pregnancy pains and discomforts



Help you gain healthy weight during pregnancy



Help you fall asleep easier and improve your quality of sleep

Although physical activity is healthy for most pregnant women, it is important to talk to your provider about what activities are safe for you. You may need to modify some activities as you get further along in your pregnancy and your belly gets bigger.

Safe exercises for pregnant women:

- Walking
- Swimming and water workouts
- Riding a stationary bike
- Modified yoga and modified pilates
- Muscle strengthening exercises



Exercises to avoid during pregnancy:

- Contact sports
- Activities with bouncy movements
- Activities performed at high altitude
- Activities performed in heat
- Skydiving and scuba diving

WEIGHT MANAGEMENT

Everyone's healthy weight and body size look different. Along with exercise, there are many great ways to keep your body healthy during pregnancy.

Sticking to your weight gain goals

Talk to your provider about healthy weight gain goals for your pregnancy. Having a steady weight gain pace is important for the health of both you and your baby.

Having a nutritious diet

Eat more nutritious foods and less processed foods. Try to incorporate more fiber-rich foods into your diet to help regulate your metabolism.

Breastfeeding

Breastfeeding helps your postpartum metabolism "reset" and is a great source of nutrition for your baby.