



# Make it fun!



If you have fun when you are active, you are more likely to stick with it. Fitting in exercise doesn't mean you have to "work out" or go to the gym:

- Take the stairs instead of the elevator.
- Dance to your favorite music.
- Do an after-school activity like basketball, yoga, soccer, or martial arts.
- Go for a walk.

# Energize with exercise!



Doing exercise builds muscle, strengthens bones, and helps to keep your heart healthy.

Exercising can make you feel happier and less stressed.

There are 1,440 minutes in every day—set aside 60 of them for physical activity.

Balance the energy you eat with the energy your body uses to be healthy and active, and to grow.

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# Count your steps



You can use a pedometer to count how many steps you take each day. It's easy – just follow these instructions:

- 1) Find a free pedometer app to use with your smartphone.
- 2) Install the app and leave your phone in your pocket

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# Set a goal



- Aim for 60 minutes of physical activity every day.
- It takes about 2,000 steps to walk a mile.
- Try to break your record for the number of steps you take in a day.