

EXCUSES, EXCUSES...

People usually come up with lots of reasons not to be active.

Physical activity gives you energy to do more of the other things you like each day.

Build activity slowly to avoid injury. Drink plenty of water before, during and after your favorite activity. See for yourself how being active affects how you feel and perform each day.



"I DON'T HAVE TIME"



"THE WEATHER IS BAD"

"I'M TOO EMBARRASSED"



"IT'S TOO EXPENSIVE"

Finding new ways to fit activity into your daily routine is not as hard as you might think. Here are a few ideas to get you started:

- Walk, in-line skate, or ride your bike to school.
- Meet up with friends to shoot some hoops.
- Go dancing instead of seeing a movie.
- Take your dog for longer walks.
- Join a sports team at school.
- Run around the track during lunch.
- Surprise your parents by washing the car.
- Try a fitness video before going to class in the morning.
- Jump rope, do sit-ups or push-ups or stretch in front of the TV.
- Limit screen time (TV, computers, video games) to two hours or less per day.
- Use stairs instead of an elevator.
- Have your parent park the car at the far end of the parking lot when you go to the mall.



"I DON'T
LIKE TO
EXERCISE
ALONE"



"I'M TOO
TIRED"