

get up and go!

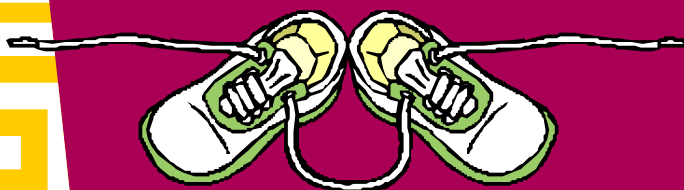
Your fitness level plays a major role in how well you feel and look, what illnesses you avoid, and how much you enjoy life. Try for at least 30 minutes of physical activity most days of the week. It doesn't even have to be all at one time. It's okay if you only have 10 minutes here and there for physical activity, as long as it adds up to at least 30 minutes by the end of the day.

Physical fitness is the combination of flexibility, muscle strength, a healthy heart and blood vessels and a strong set of lungs. Being involved in physical activity is also a great way to meet new people and hang out with friends.

Physical activity...

- Helps you maintain a healthy weight
- Is fun and can be done with friends
- Improves your hair and skin
- Energizes your brain, increases creativity, and improves concentration
- Increases self-esteem, self-confidence, and self-image
- Increases muscle tone, strength, and endurance
- Gives you more energy
- Improves flexibility
- Lowers stress
- Helps you sleep better at night
- Improves your posture

Did you know?
Young people in America spend more time watching television than any other activity except sleeping.





Try for at least 30 minutes of physical activity most days of the week.

WALK

Instead of watching TV ... surfing the 'Net or playing video games, try some of these to help you get active and fit!

- Playing basketball
- Exercising to a video
- In-line skating
- Snowboarding
- Riding a bike
- Dancing
- Swimming
- Running
- Fast walking
- Cross-country skiing

