TURN IT OFF



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How many times have you heard someone say, you need to exercise & be active??



ACT GET MOVING

https://www.youtube.com/watch?v=onKR1w2xBLA





Times have changed...

technology has caused us to spend **more time** moving our hands and fingers than our **BODIES**.



Here's the scariest part...

because of that, today, more youth are **overweight and obese** and are **NOT** expected to live longer than their parents!



So, what are the benefits of exercise?

1. Internally, you will build stronger bones & muscles





2. Improve your balance, skills, posture and flexibility!

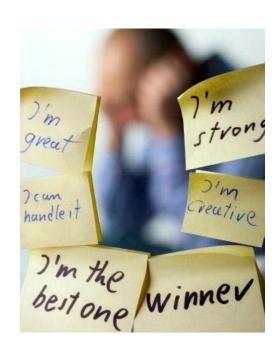
Move easier & prevent injury





3. Achieve and maintain a healthy weight

Increases confidence which increases self-esteem = positive image of self





4. Improve cardiovascular fitness and decrease the risk of health problems

Strong heart!





5. Reduce stress and blow off steam, in a healthy way.

Relaxation and improved mental health/well-being





6. Make new friends and have fun





Ok, so now you know the **GREAT** reasons to exercise, what's stopping you?

Time? Find it boring?
Don't know where to start?



There's a solution for you...





NO TIME YOU SAY...

Park far away from entrances

Clean your room

Wear a pedometer

Rake leaves, shovel snow, carry groceries

Do strengthening activities during TV commercials

Walk outside during lunch

WALK YOUR DOG

Stand while on the phone, reading or eating

Exercise in your chair

Take the STAIRS



ACT GET MOVING

YOU SAY EXERCISE IS **BORING**



Try something until you find an activity you love!





Canada's Physical Activity Guidelines for youth 12-17yrs

- 60 minutes of active play daily
- Limit screen time to 2 hours/day
- Limit sedentary transport, extended sitting & time indoors



Don't have 1 hour?

Break it up into 15, 20 or 30 minutes at a time

Ex. 2 sets of 30 minutes
3 sets of 20 minutes
2 sets of 15 min + 1 set of 30 min

60
minutes
a day is
EASY



Key 3: CARDIO, STRENGTH & FLEXIBILITY

ACT GET MOVING

Everyday: Moderate vs. Vigorous

brisk walking

skating

bike riding

skateboarding

running

basketball

soccer

cross country skiing

*60 minutes every day
Choose vigorous **3x per week!



AND do strengthening activities 3x per week!

push-ups sit-ups lifting weights climbing stairs jumping rope



AND do <u>flexibility</u> activities **3x** per week!

yoga stretching



Did you know...our Why Act Now results showed youth spend ~**45 hours** a week in front of a screen! (that's 6hrs a day)

DON'T BE ONE OF THEM!



THANK YOU

Source: Canadian Physical Activity Guidelines & Sedentary Behaviour Guidelines, Participaction