

Health In Progress

Lesson 28

Commit To Be Fit



QUESTION 28:

TRUE OR FALSE

It takes time, energy and commitment to stay physically fit.

ANSWER: True

1. If you want to stay physically fit, you need to be sure to build physical activity in to your life. The current **recommendation for daily physical activity for pre-teens and teenagers is 60 minutes!**
2. Here are **some simple ways to stay motivated to exercise and be healthy:**
 - Encourage your parents, guardians, or friends to exercise with you.
 - Change into your workout clothes -. sometimes, it's just a matter of getting dressed that causes the biggest barrier.
 - Even if you only have 15—30 minutes to be active, you are not wasting your time. Exercise burns calories, increases energy, and improves your health - even in small doses.
 - Try a new sport or class. Adding variety can increase your likelihood of exercising.
 - Sign up for a charity walk/run or bicycle race. (You can help others while you get fit!)
 - When your mind starts arguing with you about starting your workout, just start with 5 minutes. (After you've done that first 5 minutes--you probably won't want to quit!)
 - While you watch TV do sit ups, stretch or jump rope (especially during the commercials!)
 - Turn up the music! Play fast-paced music, even before you start working out.
 - Visualization It will be a boost to take a moment to visualize your exercise. This can be a real jump-start!
 - Write down your exercise goals! A goal not written, is only a wish.
 - **HAVE FUN** and remember ...everyone goes through periods of time when it is difficult to maintain an exercise program. Recognize it as a temporary set back and restart your program as soon as possible.

ACTIVITY Have the students start thinking of possible obstacles to their continuing a regular exercise routine after HIP. Ask them to write this down along with a solution to overcoming this obstacle.