

Think about ...



**SWIMMING GAVE
ME MORE ENERGY**

Physical Activity

Take the dog for
a long walk



**ANY ACTIVITY THAT GETS
YOU MOVING WILL HELP
YOU STAY HEALTHY**

*Do something you
like and have fun*

**EXERCISE IS GOOD
FOR YOUR MIND
AND BODY**



Think about ...

Physical Activity



Being active is a very important part of keeping well both physically and mentally and for maintaining a healthy weight. The exercise you do when you are young impacts on your health in adulthood, including having healthy bones and muscles.



The **minimum** amount you should do is 60 minutes every day of moderate to vigorous activity. You do not need to do the 60 minutes all in one go, every 10 minutes counts.

Moderate activity should make you breathe quicker than normal and make you feel warm.

Vigorous activity should make you out of breath and sweat!

At least twice every week you should include activities such as football, skating and walking as these will help build bone strength.

Exercise does not necessarily mean sport! Dancing, skateboarding, martial arts, cycling and walking are all things that count.

Not everyone likes the thought of getting hot and sweaty, but if you find something you enjoy you will really have fun. You will make new friends. It will give you a break from the stresses of school and exams. **Have a look at the following websites for tips on how to get active.**

Useful Websites:

www.getalifegetactive.com - ideas on how to get active

www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/keeping-healthy/keeping-fit.htm - loads of information on the benefits and how to keep fit

www.sportni.net - information on sport within Northern Ireland

www.outdoorni.com - information on opportunities for outdoor activities in Northern Ireland

www.thesite.org/healthandwellbeing/fitnessanddiet/fitness - information on fitness and exercise