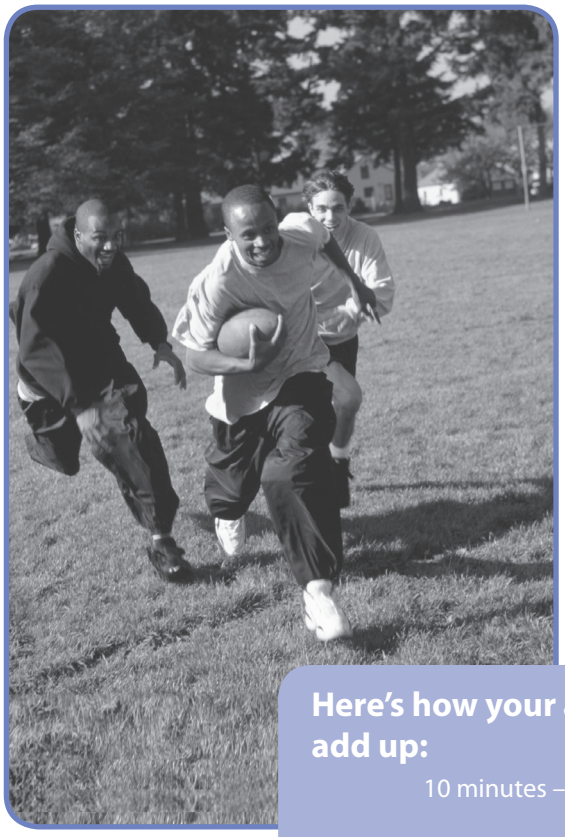
# Get Moving!

Take Charge of Your Health



*You don't have to do boring exercise routines to be active. Fun activities can be good for you, too!*

## Be active to look and feel better!

Don't do it because you're "supposed to."
Be active to . . .

- Get better control of your weight, a more toned look, and stronger muscles
- Have more energy for other fun times, like hanging out with your friends
- Make friends who share your interests in dance, sports, or other activities
- Improve your mood and ability to focus for sports and school

**Here's how your activity can add up:**

10 minutes – Walking/biking to a friend's house
\+ 30 minutes – Shooting hoops
20 minutes – Dancing

60 minutes of activity!

## Get up and move!

- Be active for 60 minutes a day. (You don't have to do it all at once.)
- Enjoy the outdoors with these activities: jumping rope, playing frisbee or flag-football, and skateboarding.
- Join a school sports or dance team. Jump into a neighborhood pick-up game of basketball or softball.
- Pitch in to help keep your area's sidewalks, sports fields, parks, and athletic centers clean and usable.

## Stay active indoors too!

- Play indoor sports when it's cold or wet outside.
- Sit less. Watching TV, gaming, and surfing the web are fun but inactive, so spend less time in front of the screen.
- Dance to your favorite music by yourself, or have a dance party with friends.
- If you have a gaming system, choose active dance and sports games that track your movement.

## Have fun with your friends!

- Be active with your friends to support each other and make moving fun.
- Mix it up. Choose different kinds of group activity:
  - Sports
  - Active games
  - Actions that get you moving, like walking around the mall
- Take the President's Challenge (*http://www.fitness.gov*) or sign up with your friends for other fun, lively challenges.

## Get the facts!

**Weight-control Information Network**
Check out *http://www.win.niddk.nih.gov* and our short booklet for teens: *Take Charge of Your Health! A Guide for Teenagers!* Join us on Facebook at *http://www.facebook.com/win.niddk.nih.gov.*

Learn about physical activity from other organizations, too:

**BAM! Body and Mind**
- *http://www.bam.gov/sub_physicalactivity*

**Girls Health**
- *http://www.girlshealth.gov*

**Let's Move!**
- *http://www.letsmove.gov*

**Media Smart Youth: Eat, Think, and Be Active!**
- *http://www.nichd.nih.gov/msy*

**National Diabetes Education Program (NDEP)**
- *http://www.ndep.nih.gov/teens*

**President's Council on Fitness, Sports & Nutrition**
- *http://www.fitness.gov*

**We Can!**
- *http://www.nhlbi.nih.gov/health/index.htm*

DEPARTMENT OF HEALTH & HUMAN SERVICES • USA

NIH National Institute of Diabetes and Digestive and Kidney Diseases

WIN Weight-control Information Network

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