

# Healthy Lifestyles

*Duke Children's Primary Care*

**5-3-2-1-Almost None**  
**Be active at least ONE hour a day!**

## The three kinds of FITNESS!

### Aerobic exercise

Activities that make you sweaty and make your heart beat faster, like dancing, walking, running, playing sports, jumping rope or on a trampoline. These types of activities are good for your heart and make you burn off calories you eat.



### Muscle strength and endurance



Activities that make you strong, like lifting weights, doing sit ups, leg lifts, push ups. These types of activities not only increase your muscle, but make you burn more calories all day long.

### Flexibility

By taking the time to stretch your muscles, you will be less likely to get hurt while playing. Also, stretching increases the blood flow to your muscles, making them more active and giving YOU more energy. Try hanging over to reach your toes for 30 seconds, stand up and see how you feel!



Some websites to go to for activity ideas:

<http://www.nubodfitness.com/stretch.es.html>

<http://www.smartspot.com/beactive/familyexercise>

<http://exerciseforteenagers.com/teen-exercise/active-games-for-teens/>

**“But, it’s raining/too hot/too cold/too windy!”**

**Don’t let the weather stop you!**

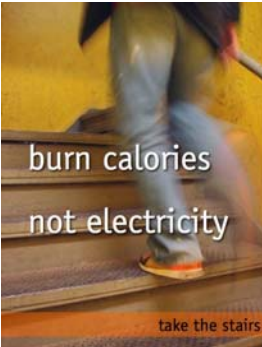
If its **hot**, drink lots of water. Hot weather makes you feel less hungry.

If it is **cold**, bundle up and walk faster. We burn more calories when we are cold

If it is **raining**, bring an umbrella- the air has less pollution in the rain.



**Examples of activity include:**



Free play such as hula hoop, jumping rope, bike riding, trampoline jumping

Organized sports through the community or school system

Routine daily activities such as walking, taking the stairs, mowing the lawn

Structured activities such as use of a treadmill, stationary bike, weight machines

**There are many physical and emotional health benefits of physical activity:**

Optimizing health of bones, muscles and joints

Improving muscle strength, endurance and flexibility

Improving the ability to sleep well

Reduces the risk of diabetes, high blood pressure, and heart disease

Improves the body’s ability to create healthy cholesterol

Improves coordination, balance, and athletic skills

Boosts self-esteem and confidence

Reduces anxiety, tension, and depression

Improves ability to concentrate in school



**It is important to have physical activity be a regular part of family life and a family priority:**

**Be a role model for your child by making exercise a priority every day!**