

# Good Exercise Routine

## What is exercise?

Exercise is moving around. It makes your heart beat faster and makes you breathe more quickly. You may sweat and feel hot.

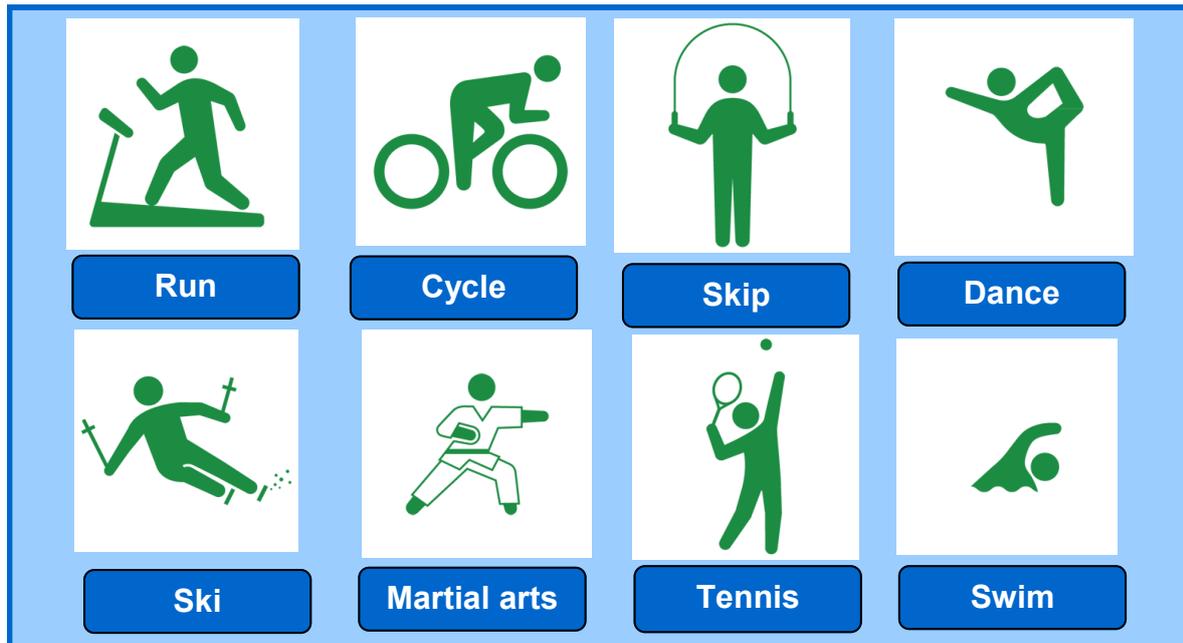


## Why should I exercise?

- Exercise is good for your body and your health. It makes your heart stronger and makes you feel fitter.
- Exercise is fun! It can make you feel good.
- Exercising with other people is a great way to make friends. You can spend time with your family and friends by exercising with them.

## What kinds of exercise are there?

There are so many ways to exercise! Here are some things you could do:



## How much exercise should I do?

If you are under 18 you should exercise for 1 hour every day.

If you are 18 or older should exercise for 30 minutes, 5 days a week.

To make exercise easier, you can break it down into smaller amounts of time. For example - 30 minutes in the morning and 30 minutes in the evening.

Don't worry if you can't do much exercise right now. The more exercise you do, the better you get at it!



# Good Exercise Routine

## Daily exercise routine

Here are some ways you can exercise every day:

### **Walk!**

Walk to places you want to go to. Walk to school, college or work. Walk to the shops or to see your friends. If you live far away, walk some of the way.

Walking doesn't have to be boring. Talk to a friend or someone in your family as you walk. If you are walking by yourself, listen to your favourite music.



Down 2 Earth Editor Kate Powell out for a walk at Big Step Forward



### **Have fun!**

Exercise CAN be fun! Find a sport or activity you like. You could try aerobics, swimming, cycling, dance, walking, Frisbee, tennis, football, going to the gym, horse riding or something else you like.

Exercise is more fun with other people. Find a friend to do your favourite sport or activity with.

### **TV and computer games**

Watching too much TV or playing too many computer games isn't good for your health. Try not to watch TV or play computer games for more than 1 hour. Find other fun, active things to do instead, like walking the dog, going to the park or playing sport outside.



### **Speak to your doctor**

If you are starting to exercise and you haven't exercised before, tell your doctor that you want to do exercise. They will help you do in a safe way.

### **Top tips for exercise**

- Exercise with your friends.
- Choose an exercise you like.
- Walk to places you want to go to.

**By following your exercise routine every day, you will stay strong and healthy, and have lots of fun too!**