Healthy You: Exercise

It may be comfortable to sit inside on a hot summer day while you play fun video games. But too much sitting still is a problem. You're not getting something your body needs—exercise! We are simply not meant to sit around all day, but that's exactly what many people do. We sit in cars, buses, or trains to get to school. Then we spend most of the day sitting at desks. Our lifestyles don't always allow us to get up and move our bodies around as much as we should. But we need to get up and move.

Do Your Chores!

Everyday activities make it easy to become more active. Chores, such as vacuuming, gardening, or mowing the lawn, are great ways to exercise. These tasks cause you to walk, stretch, pull, or lift your body. These movements keep your muscles strong and your body in shape. So, help around the house when you can! While you are doing it, count your steps, too. You'll get a better idea of how much you are moving.

Play A Sport!

Aerobic exercise will keep your heart in shape. Movements such as running, biking, or swimming make you breathe harder. Your heart pumps faster so that more oxygen can be moved around your body. Find a sport or activity that you like, and play it regularly!

Use Those Muscles!

Strength training is another form of exercise. These exercises involve lifting weights or doing something that causes resistance against your muscles. Strength training enables the body's muscles to get stronger. You can lift weights at home or go to the gym with an adult.

Make the Time!

Maintaining an active lifestyle can help you stay healthy and avoid a slew of conditions that can make life more difficult. You don't always have to do the same exercise. Just try to find some consistency in the amount of time you devote to moving around. How will you keep moving your body every day?