

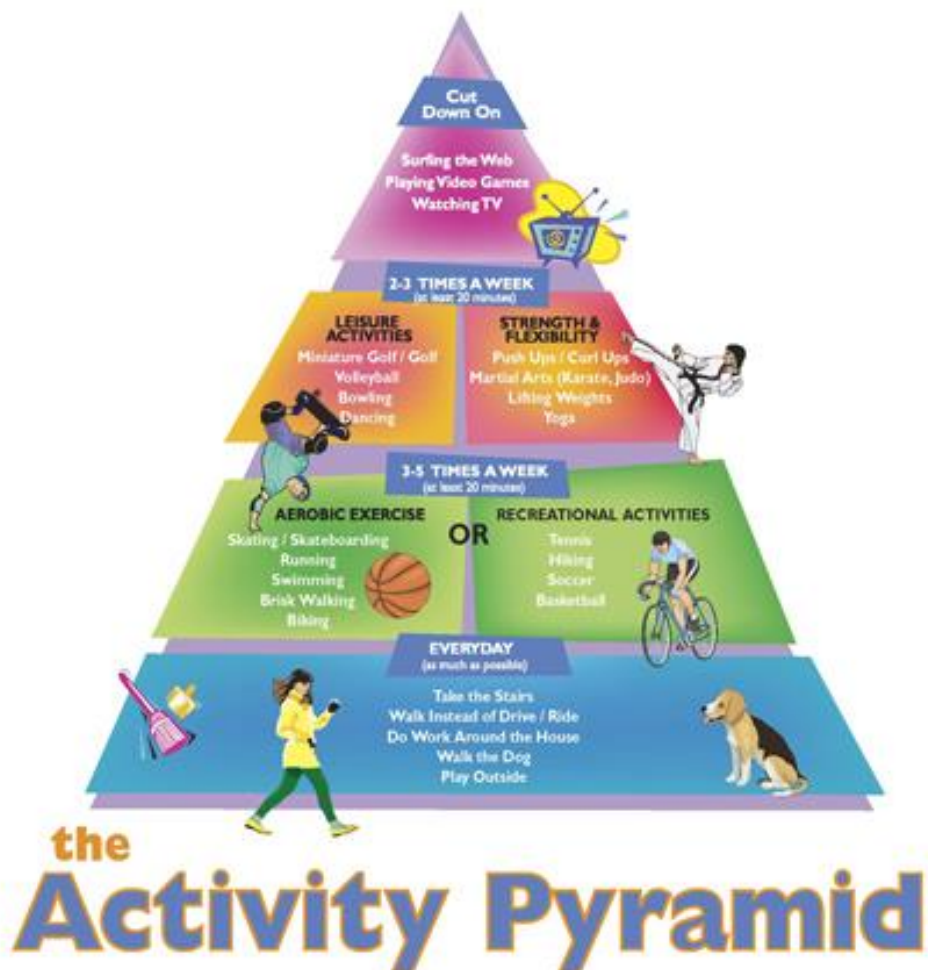
Health & Wellness (Children) Week #2: Physical Fitness



What is physical fitness? Physical fitness is defined by the World Health Organization as the ability to perform muscular work satisfactorily.

What can I do for physical fitness? There are many different activities to get you moving. The most popular amongst children is sports. Basketball, baseball, hockey, football, cheerleading, tennis, track, swimming, and so much more. Don't like sports? No worries, there is so much more you can do. Some other examples of physical fitness are brisk walking, jogging, biking, and strength/resistance training.

How much physical fitness should I do? Your age group should get one hour or more of moderate to strong physical activity every day.



But I like to play video games so how do I encourage myself? You should choose an activity you enjoy doing. If you are not in shape you may need to start off slow. You can try yoga, for an example to help you get started. You should also set small, attainable goals for yourself and reward yourself (not with food) when you reach those goals.

What are the benefits of physical fitness? There are so many great things that you get from physical fitness. Here are a few:

- You are at a lower risk for disease
- Socialization – Yes! Playing with your friends is always lots of fun
- You will have improved academic performance
- High Self Confidence
- More Energy
- Strong Bone Development (which is especially important in females to help prevent osteoporosis)
- You usually get to get outside – help fresh air!
- You are building healthy habits and possibly setting a good example for younger siblings and peers