

## Activity = Exercise

Teens on sports teams probably get more than the recommended 60 minutes of daily moderate to vigorous exercise on practice days. But you don't have to play sports or buy expensive equipment to get your heart pumping. These activities count, too:

- Biking
- Running, fast walking
- Swimming
- Dancing
- In-line skating, ice skating
- Skiing, cross-country skiing
- Hiking, walking a dog
- Rowing, canoeing
- Walking up and down stairs
- Jumping rope
- Shoveling snow
- Snowboarding
- Raking leaves, gardening
- Mowing a lawn, washing a car
- Martial arts
- Kickboxing
- Jumping jacks
- Shooting hoops
- Sit-ups, pushups, pull-ups
- Lifting weights
- Yoga, Pilates, T'ai chi
- Playing with kids at a park while babysitting
- Exergaming

The 60 minutes of daily exercise does not have to be all at once. Activities during the day that add up to at least 60 minutes are just fine. Here's a sample

**Exercise Log** entry:

Monday
Walk to school - 15 min.
Walk home - 15 min.
Sit-ups, jumping jacks - 20 min.
Dance to music in bedroom - 10 min.

Once you've committed to being active an hour a day, the only thing that might stand in your way is making time for exercise. On the days you're not active for 60 minutes, write down the things that might have kept you from exercising on the **Exercise Blockers Log**:

Tuesday
Homework - 90 min.
Chores - 45 min.
Talking on phone - 1 hour
TV - 3.5 hours
Rain (couldn't go jogging outside)

**Exercise Log**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>

**Exercise Blockers Log**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday