

# PHYSICAL ACTIVITY AND YOUR HEALTH



Physical activity is any activity you do that moves your body.

Think about what gets you moving throughout the day!

Let's learn about four types of physical activity.

## Type 1: Aerobic



Aerobic or endurance activities move your large muscles such as those in your arms and legs. This movement increases your breathing and heart rate. You improve your heart, lungs and circulatory system

### ENDURANCE STRENGTHENING ACTIVITIES

brisk walking, running, dancing, swimming, biking, hiking, playing soccer,

What type of endurance activities do you like?

## Type 2: Muscle Strength

### STRENGTH BUILDING ACTIVITIES

push ups and sit ups, lifting weights, climbing stairs and digging in the garden

### WHY ARE STRENGTHENING ACTIVITIES IMPORTANT?

Improving the strength, power and endurance of your muscles make it is easier to get up from a chair, climb the stairs, and carry heavy objects around.

How many push ups can you do?



## Type 3: Bone Strength

With bone strengthening activities your feet, legs or arms support your body's weight and your muscles push against your bones. This helps your bones grow strong. A lot of muscle strengthening activities are also good for bone strength.

### TYPES OF BONE STRENGTHENING ACTIVITIES

Jumping rope, lifting weights, gymnastics, dancing



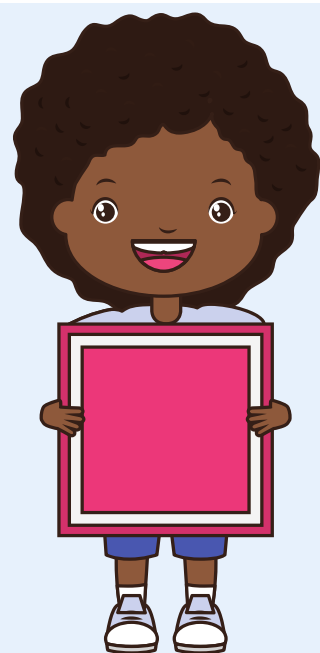
## Type 4: Stretching

### WHY ARE STRETCHING EXERCISES IMPORTANT?

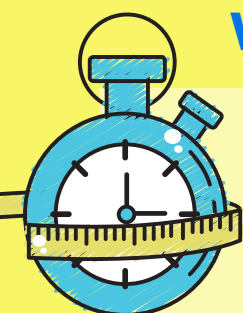
Stretching helps improve your flexibility and your ability to fully move your joints. It also improves your strength and endurance.

### STRETCHING EXERCISE ACTIVITIES

touching toes, doing side stretches, yoga and gymnastics



## Why is physical activity important for your health?



Keeping active daily helps to maintain your weight, and lowers your risk for health complications and many diseases.

Exercise helps reduce stress and improves your mental health.

Daily activity strengthens your heart muscle improving its ability to pump blood to your lungs and throughout your body.