

Let's Get

Active!

Magazine for Youth
10-14 years of age



**Everyday It's Fun
and Healthy Too!**

**At home
At school
Inside or outside
On the way to and from school
With family and friends**





Look and feel *your* **best**

Physical activity is fun, but it's also essential to keep your body healthy. More than half of Canada's youth are not active enough. Staying active your way, every day for life, will keep you looking and feeling your best.

*Read on and check out how to build
more physical activity into your day.*

Getting *started* is the *hardest* part

If you are already active, maybe you could do more. Think about it. Health professionals are recommending that all youth should increase their physical activity levels by at least 30 minutes a day to start and up to at least 90 minutes a day over a five-month period. If you are pretty active already, consider helping one of your friends or family to get started. By showing them, you will become more active yourself.

If you are not active now, start slowly and choose things that you like to do or that you think would be fun. Taking a first step by adding some physical activity to your daily routine can make a big difference in a short time. Check out the *Physical Activity Record* on the next page to help set your physical activity goals.



Start by boosting your physical activity by at least 30 minutes a day – and make 10 minutes of that vigorous activity like running, soccer, skating or dancing. Build up physical activity throughout the day in periods of at least 5 to 10 minutes.

Check out what you are doing now



Take a moment to write down all the things you did yesterday and the day before. How many of these things are physical activities? Now think about the time you spent doing those physical activities and write that down.

Physical Activity Record

Yesterday	
Activity	Time Spent in Minutes
.....
.....
.....
.....
.....
.....
.....

Is your total more than 90 minutes a day? That's great. Keep it up – you are on your way to a healthy lifestyle!

Less than 90 minutes but more than 60 minutes a day? You are on your way. See if you can get your activity level up to 90 minutes a day over the next month!

Less than 60 minutes but more than 30 minutes a day? You have taken the first step toward better health. But you need to do more. Check out the *Physical Activity Record* and set yourself a goal. Increase your activity by at least 30 minutes a day for the first month. You'll be surprised how easy it is if you set yourself some goals. Get a friend or family member to do it with you!

Less than 30 minutes of physical activity a day? You need more. You need to set some goals and increase your level of activity by at least 30 minutes a day to start and then gradually increase to more time and more demanding activities till you get your physical activity level up to at least 90 minutes a day. Check out the chart on page 8 to see what you need to do. The secret is to build physical activity into your daily routine – just like washing your face or brushing your teeth.

Two Days Ago	
Activity	Time Spent in Minutes
.....
.....
.....
.....
.....
.....
.....

Do you know the **benefits** of **physical activity**?

Quiz yourself!

Which of the following can be listed as benefits of physical activity?

- Meet new friends
- Improve physical self-esteem
- Achieve a healthy weight
- Build strong bones and strengthen muscles
- Maintain flexibility
- Promote good posture and balance
- Improve fitness
- Strengthen the heart
- Increase relaxation
- Promote healthy growth and development

If you marked them all you would be correct! Physical activity helps with all these things.



It's a Fact

Aerobic activity is any type of exercise that makes your muscles use oxygen. Because aerobic activity is repetitive, it brings fresh oxygen into all the muscles in the body. It helps the blood travel more efficiently through your body.

It's a Fact

The human heart creates enough pressure when it pumps blood to squirt 30 feet!

It's a Fact

Perspiration or sweat is odourless. It's bacteria on the skin that creates odour.

It's a Fact

Muscles have very specific enzymes which burn only fat. Exercise or physical activity helps you to burn fat more efficiently. The more you use your muscles through physical activity, the more fat-burning enzymes your muscles develop to burn more fat.

What are *you* into

Which of the following activities would you like to try?

- Walking
- Running
- Hiking
- Cycling
- Swimming
- Jogging
- Playing tag
- Gymnastics

- Ice skating
- Wall climbing
- Skiing
- Basketball
- Volleyball
- Tobogganing
- In-line skating
- Soccer

- Football
- Tennis
- Baseball
- Softball
- Dancing
- Martial arts
- Yoga
- Frisbee

- Wheeling
- Climbing
- Bowling
- Hockey
- Playing with friends
- Skateboarding
- Badminton

Other activities

-
-
-
-
-
-
-

It's a Fact

You need to combine three types of physical activity for best results:

1. Endurance activities (aerobic exercise) that make you breathe deeper, your heart beat faster, and make you sweat.
2. Flexibility activities like bending, stretching and reaching that help to relax your muscles and keep your joints moving.
3. Strength activities to build your muscles and bones.

From the activity list above, choose one thing that is an endurance activity, one that is a flexibility activity and one that is a strength activity.



• Fast walking and running are great endurance activities because they make your heart and lungs work hard to pump the blood all around your body and into your muscles. You can get the same effect from swimming, biking, dancing and most sports.

• Gymnastics and yoga are great flexibility activities because they help to stretch and relax your muscles to keep you moving any way you want to.

• Supervised weightlifting, carrying groceries or raking leaves are great strength activities because they make your muscles work hard.

Activity *breaks* even when *sitting*



You can help yourself be physically active even when you are sitting

Try stretching for several minutes. Tighten and relax your muscles one group at a time – first your legs, then your arms, then your back, your feet, your fingers, your toes and even your face and neck. Hold the contraction for 10 to 60 seconds and then let go. This will give your muscles some activity even when you are sitting.

Take a health break when you are at the computer. Get up and walk around the house, run up the stairs, or stretch to reach the ceiling – all of these things will help you to keep moving.

Or get up from the TV or the computer and try some “on the spot hip hop” for 10 minutes. It will wake you up and help you reach your physical activity goals.

Think of some other things to do while you are using the computer or watching TV that will help you to meet your physical activity goals and write them down to help you remember them:

Let's Get

Active



Canada's Guidelines for Increasing Physical Activity in Youth

Here's how to do it!

1. **Increase** the time **currently** spent on physical activity starting with 30 minutes **more** per day.
2. **Reduce** "non-active" time spent on TV, video, computer games and surfing the Internet, starting with 30 minutes **less** per day.

You can build up your physical activity throughout the day in periods of at least 5 to 10 minutes.

Your increase in physical activity should include:

*Moderate activities like brisk walking, skating, biking,
and

**Vigorous activities like running, supervised weight training, basketball,
or soccer.

This chart shows you how it works!

MONTH	Daily INCREASE in moderate* activity (Minutes)		Daily INCREASE in vigorous** activity(Minutes)		Total Daily INCREASE in physical activity (Minutes)	Daily DECREASE in non-active time (Minutes)
Month 1	at least 20	+	10	=	30	30
Month 2	at least 30	+	15	=	45	45
Month 3	at least 40	+	20	=	60	60
Month 4	at least 50	+	25	=	75	75
Month 5	at least 60	+	30	=	90	90

If you think you are already quite active, record all your moderate and vigorous activities for a few days. Total up the minutes, then progress gradually from *there* until you reach at least 90 minutes of daily physical activity.



Your Goal

Increase your physical activity every month until you are doing at least 90 minutes more per day.

Congratulate yourself every step of the way. Put a progress chart on the refrigerator or your bulletin board! Talk about your goals and your accomplishments with family and friends.

You can do it! You know you can!



Making Goals Work

Jim set a couple of new goals...

1. Join the after-school swim club and train three days a week
2. Help his family with the garden

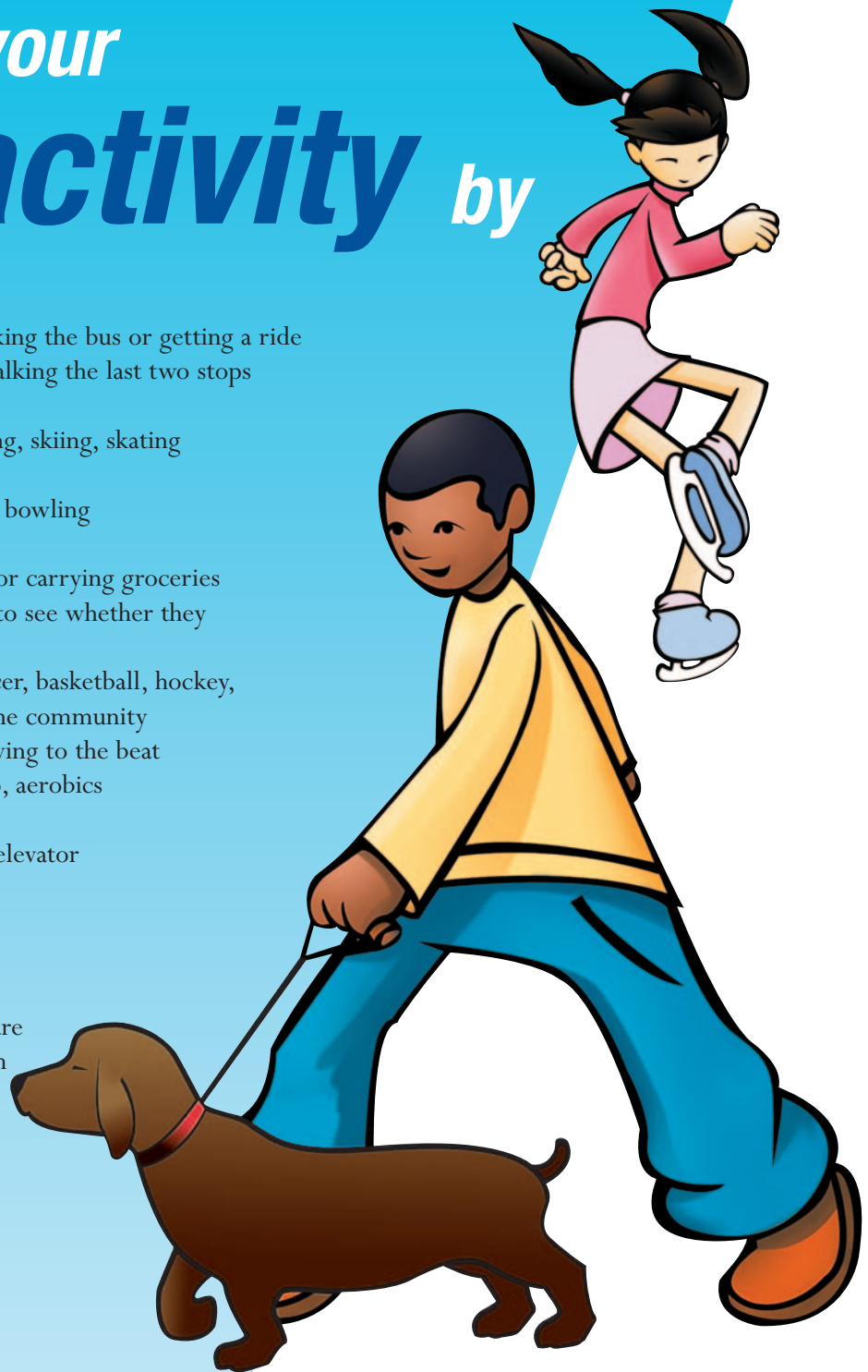
How things went...

1. Jim got a friend to go along so he would have some company. Things went well for a week or so, then one day he missed practice because he forgot his bathing suit and towel and another day a group of friends enticed him to go to the video arcade so he missed practice again. His coach told him to always leave a bathing suit and towel in his locker so that would never be a reason to miss practice. The coach also encouraged him to join the "100km Challenge", which had a swim club t-shirt as a reward. This helped him get to practice regularly and he was less tempted to skip swimming.

2. Helping his family in the garden wasn't much fun at first. Jim was always thinking about what his friends were doing and what he was missing by not being with them, so he and his family made a plan. Everybody was busy and really needed help so they decided Jim could earn some money for his garden work. He also decided to tie the work into a science project. He studied and learned more about the soil, the kinds of plants that grow best where he lives and the different things you can do to keep a garden healthy. What started out as boring turned into a profitable and healthy adventure!

Crank up your activity by

- Walking to school instead of taking the bus or getting a ride
- Getting off the bus early and walking the last two stops
- Playing ball at breaks
- Running, jumping, skateboarding, skiing, skating or tobogganing
- Swimming, biking, wheeling or bowling
- Walking the dog
- Raking leaves, shovelling snow or carrying groceries
- Visiting the community centre to see whether they have a program you would like
- Joining a sports league like soccer, basketball, hockey, or volleyball...at school or in the community
- Putting on some music and moving to the beat
- Taking a class like yoga, hip hop, aerobics or gymnastics
- Taking the stairs instead of the elevator
- Going for a walk after supper
- Being active with your friends
- Trying something new like wall climbing or dance classes
- Asking your friends what they are doing to be active and join them



It's a Fact

It is important to maintain flexibility so you can always have a full range of motion. For example, for tennis or golf it is important to turn at the hips and not twist the spine.

It's a Fact

Fat takes up more space than muscle. A pound of muscle is about 30 percent smaller than a pound of fat.

It's a Fact

Experts say that every pound of lean muscle burns an additional 30 to 50 calories a day.

A physical activity *moment*



Test yourself!

Put on some music and jump around, dance or move for 10 minutes. How do you feel? You should be warm, breathing hard, and your heart should be beating faster.

You can get the same effect by walking fast, running around the block or running up and down the stairs.

Some facts about your body

Try out these questions on your friends and family!
(See answers on the back page)

1. How many muscles are there in the human body?
2. About how many breaths per minute do most people take when they are not exercising or playing?
3. How many times does a healthy body fight off germs and bacteria each day?
4. If squashed flat how big would the lungs be?
5. What is the strongest muscle in the body?
6. How many cups of blood are pumped through the body with each heartbeat?

It's a Fact

Did you know that your body has its own air conditioner? It does...it's your skin. When you get hot from physical activities, your body sweats through your skin and as the moisture evaporates you get cooler. That's why you have to drink lots of water on hot days and when you are playing hard or being physically active.

Physical activity *tips*



Flexibility tip

When touching your toes from a sitting position, keep your back straight and always bend at the hip.



Endurance tip

When doing vigorous or even moderate activities, make sure you drink lots of water to replace what you lose in your sweat.

Strength tip

If you are lifting weights, make sure that you have supervision and someone to help you.



A vigorous physical activity moment

Run, skip, or dance *as quickly as you can* for five minutes. Ask a family member or friend to time you. Are you hot? Are you huffing and puffing? Is your heart beating fast? That's great! You are helping your heart and lungs do their best work and you are taking lots of oxygen into your blood.

This is vigorous activity. See how alive it makes you feel!

You need to do some vigorous activity every day. For the first month add 10 minutes of vigorous activity to your day. In month two, make it 15 minutes. In month three you'll be doing 20 minutes more. By month five you will be doing 30 minutes more a day of vigorous physical activity.

With each increase, congratulate yourself and share your progress with friends and family.

It's a Fact

To stay healthy you need to eat nutritious food, do some physical activity every day and not smoke.

Quiz



Try this activity quiz (See answers on back page)



- 1 What are the Physical Activity Guidelines for Youth?
- 2 What type of activity do you do to work your heart and lungs?
- 3 You are pulling a toboggan up the hill. What type of physical activity are you doing?
- 4 You are climbing trees. What type of physical activity are you doing?
- 5 You have been dancing fast for 30 minutes. What type of physical activity have you been doing?
- 6 You have been blading for 60 minutes. What type of physical activity have you been doing?

Physical *activity* crossword



A C R O S S > > > > > > > > >

1. After three months, how many minutes of non-active time will you have reduced.
(hint – check the chart on page 8)
3. Which muscle pumps oxygen around the body?
4. You do physical activity for your _____.
5. Activities that make you breathe harder and your heart beat faster are called _____ activities.
8. If you are not physically active you probably _____ most of the day.
9. Physical activity is healthy and _____.
11. You need water to do this.
12. It's important to _____ new things.
13. When you play tennis or racquetball, you have to _____ the racquet.
14. Keeping physically active and eating right help you to _____.
19. If you don't know how to do something, ask for _____.
21. In this sport you use a lot of muscles and hit a little white ball.
22. Physical activity should be built into your daily routine, it should not be a _____.
24. A term used in ballet for bending the knees with the feet on the ground.
25. The colour that means stop.
26. In most sports, there is a _____ way and a wrong way to do something.
It is best to learn the _____ way.
27. In baseball you _____ the ball out of the park.



D O W N

1. What kind of activity builds muscles and bones?
2. How many types of activity have to be included in your physical activity plan _____?
6. You do this with a jump rope.
7. Another word for exercising.
9. We can find out about healthy eating from Canada's _____.
10. To touch your toes you have to do this.
15. Knowing things about nutrition help us to _____.
16. A pound of muscle is what percentage smaller than a pound of fat?
17. Those who can't walk because they are physically challenged can _____ to stay healthy.
18. Those who cannot find the _____ for physical activity are putting their health at risk.
20. The best way to stay motivated with physical activity is to do the things you _____.
23. When you cannot figure out how to do something, we sometimes say we are in a _____.

(See answers on back page)

Answer Page

Answers to... 'Some facts about your body' from page 11

1. More than 650
2. 12 to 15 breaths a minute
3. 200 to 400 times a day
4. They would cover a tennis court
5. The tongue
6. One half to one cup of blood

Answers to... the 'Physical Activity Crossword' from page 15

Across

- | | | |
|--------------|----------|--------------|
| 1. Sixty | 11. Swim | 22. Struggle |
| 3. Heart | 12. Try | 24. Plié |
| 4. Health | 13. Grip | 25. Red |
| 5. Endurance | 14. Grow | 26. Right |
| 8. Sit | 19. Help | 27. Hit |
| 9. Fun | 21. Golf | |

Down

- | | | |
|-------------|---------------|-----------|
| 1. Strength | 9. Food Guide | 17. Wheel |
| 2. Three | 10. Bend | 18. Time |
| 6. Skip | 15. Eat right | 20. Like |
| 7. Training | 16. Thirty | 23. Fog |

Answers to... the 'Quiz' from page 13

1. Increase physical activity by at least 30 minutes a day to start (combine moderate and vigorous activity) and reduce non-active pursuits like TV, video games and surfing the Net by at least 30 minutes a day. Increase physical activity in periods of 5 to 10 minutes throughout the day. Gradually increase activity over 5 months until you have increased physical activity by at least 90 minutes a day and reduced TV watching, video games and surfing by at least 90 minutes a day.
2. Aerobic or endurance activity
3. Strength activity
4. Strength and flexibility activity
5. Flexibility and endurance activity
6. Aerobic or endurance

Active bodies need energy

Follow *Canada's Food Guide to Healthy Eating* to make wise food choices



Healthy activity is safe activity



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