



Exercise is very important. You should exercise every day.

Exercise...

- is good for our hearts and bodies.
- helps you lose weight.
- makes you stronger.
- makes you feel good.

You can exercise at home by:

- carrying groceries
- sweeping, mopping and vacuuming
- dancing to music
- climbing up and down the stairs
- using soup cans as weights to lift while you watch TV

You can exercise outside by:

- walking to the park
- walking in a shopping mall
- jumping rope
- playing games and sports such as
 - baseball
 - soccer
 - football
 - kickball
 - swimming

Exercise can be fun!

- Do it with a friend
- Join Special Olympics
- Join a local recreation and fitness center
- Try lots of different activities

Remember...

- Warm up your muscles before you exercise by stretching or walking
- Stretch again after you finish