



PARENT HANDOUT

Exercise at Home



Exercise at Home

When most people think about exercise, they imagine working out in the gym on a treadmill or lifting weights. But for you, exercise means playing and being physically active. You exercise when you have P.E. class at school, soccer practice, or dance class. You're also exercising when you're at recess, riding bikes, or playing tag.

Here are example of ways to exercise at home:

Walking	Soccer	Jogging
Aerobics	Rollerblading	Raking leaves
Basketball	Swinging	Dancing
Push-Ups	Squats	Jumping Rope
Exercise DVDs	Climbing Stairs (not running)	Jogging in place

Things to remember:

- Stretching after warm up and cool-down of exercise helps prevent injuries and soreness.
- Stretching helps muscles work better.
- Exercise involving large muscles (butt & thigh, stomach & back, upper arm) burn more calories.
- The best exercise includes legs and arms.
- Exercise can be anything that uses your muscles to move your body and keeps you moving. Try to keep it fun!
- Plan ahead - make PLANS to exercise!

FAMILY ASSIGNMENT:

Talk with your child about how to exercise at home. Make a list of activities and then plan an "activity date" for your family!