

# It's All About Exercise



## Putting in Time

According to the CDC, teens need at least 60 minutes of physical activity every day. Experts also say you need some vigorous activity, like jogging or swimming, at least three days a week.



## The Benefits

Exercise not only improves your physical fitness but also your mental and social health: helping you sleep better, concentrate more at school, make friends, improve self-confidence, and relieve stress.

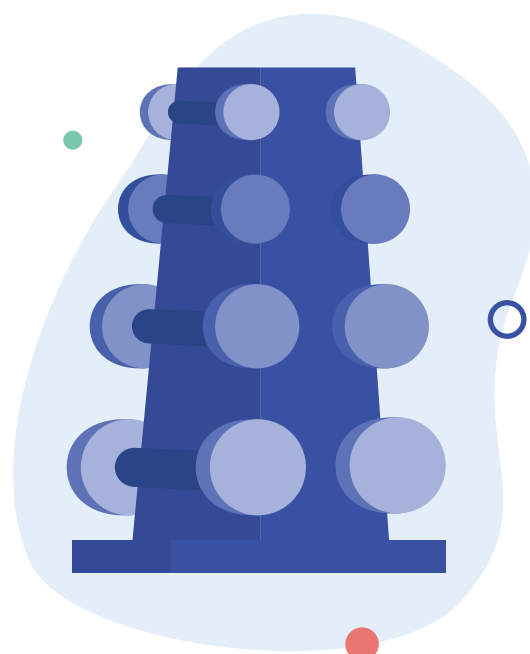


## Step by Step

To start building an active lifestyle, try taking the stairs instead of the elevator. Walk or bike instead of driving. Volunteer to do chores that require more physical activity, like yard work or vacuuming.

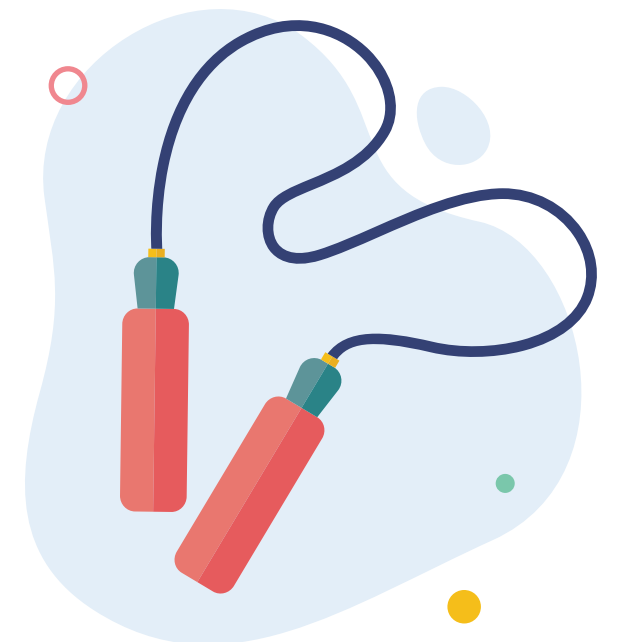
## Strength

This is your muscles' ability to use force. You can build strength by lifting weights or other heavy items repeatedly and performing bodyweight exercises like sit ups, pushups, and squats.



## Endurance

This is the ability to perform difficult physical activity without getting overly tired. You can build endurance by jumping rope, dancing, or riding a bike.



## Flexibility

This is the ability to move joints fully and easily through a full range of motion. You can improve flexibility through yoga, swimming, and martial arts.



## Body composition

This is the proportions of fat, bone, muscle, and fluid that make up body weight. It is determined by a combination of genetics, physical activity, and diet.

