

## **Having Fun and Being Active**

**Are you getting enough exercise?** Adults need recess too and with a little creativity and planning, even a person with the busy schedule can make room for physical activity. For many folks, before or after work is often an available time to cycle, walk, or play. Think about your weekly or daily schedule and look for opportunities to be more active- every little bit helps.

**Mix it up!** It's good to vary your activities. Choose from aerobic, strength, and flexibility activities to build healthy bodies. Good examples are dancing, biking, jumping rope, swimming, push-ups, crunches, and stretching. It's important to find activities you enjoy.

**Don't forget the kids!** Children and teens should be physically active for at least 60 minutes most days of the week.

**Parent tips:** Be active with your child. Playing together has lasting benefits. Be positive and encourage active play every day. Remember exercise should be fun. Limit screen time (TV and computers) to no more than 2 hours a day. Ensure you have healthy, nutritious snacks that can help fight off hunger pains and fuel your body. Get outside and enjoy our beautiful city!

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