

# MY LIFE-FIT HABITS

## PHYSICAL ACTIVITY

### How much **exercise** should I be aiming for each day?

Being Life-Fit means having a healthy mind and body.

It is recommended that kids and teens do 60 mins of moderate to high intensity physical activity a day, that means exercise that makes you huff and puff!

Kids and teens should spend no more than 2 hours a day on a small screen.

### Did you know these interesting facts about **exercise**?

Science shows that aerobic exercise may do more to help bolster thinking than thinking itself. Regular exercise stimulates neurogenesis (the creation of new neurons) in the brain, so much like the rest of your muscles, physical activity can help 'bulk up' your brain cells too!

Listening to music while exercising can improve work out performance by 15%! Get those headphones out!

Exercise can help you calm down if you're feeling upset or anxious.

### How can I use **exercise** to boost my health and well-being?

You can do exercise for free, you can play in the backyard, run around at school, dance to music, ride a bike, skateboard, swim or play sports like soccer, netball or basketball.

Go with your family for a walk or bike ride. Or take your dog for a walk.

Minimise the amount of time you spend being sedentary (being still). Break up long periods of sitting with physical activity, play in the backyard or dance to music.

Make sure you drink plenty of water when exercising and you should also wear a hat and sunscreen when outside and appropriate footwear when playing sports.

### Try this Life-Fit **Push-up Challenge**

For one month, take the push up challenge!

Day 1 = 1 push-up,  
Day 2 = 2 push-ups and so on for 30 days.

Make it more challenging by adding a second exercise (e.g., sit-ups).

### Who doesn't love a good zombie game?

Check out this **awesome** app!

<https://itunes.apple.com/au/app/zombies-run-5k-training/id566596422?mt=8>

### How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

<http://bit.ly/1C6IZZI>

<http://bit.ly/1bam5F2>

<http://bit.ly/1rES07I>