UNC PHYSICIANS NETWORK
UNC HEALTH CARE
CAROLINA ADVANCED HEALTH

Physical Activity

You don't have to do boring exercise routines to be active. Fun activities can be good for you, too!

Be active to look and feel better!

Don't do it because you're "supposed to." Be active to . . .

- Gain better control of your weight, have a more toned look, and build stronger muscles
- Have more energy for other fun times, like hanging out with your friends
- Make friends who share your interests in dance, sports, or other activities
- Improve your mood and ability to focus

REGULAR physical activity helps you **feel better** because it:

- Lowers your stress and boosts your mood.
- Increases your strength, movement, balance, and flexibility.
- Helps control blood pressure and blood sugar.
- Helps build healthy bones, muscles, and joints.
- Helps your heart and lungs work better.
- Improves your self-esteem.
- Boosts energy during the day and may aid in sleep at night

Get up and move!

- Be active for 60 minutes a day. (You don't have to do it all at once.)
- Enjoy the outdoors with any activities including jumping rope, playing frisbee or flag-football, and skateboarding.
- Join an intermural sports or dance team/class. Jump into a neighborhood pick-up game of basketball or softball.
- Pitch in to help keep your area's sidewalks, sports fields, parks, and athletic centers clean and usable.

Here's how your activity can add up:

10 minutes – Walking/biking to a friend's house
30 minutes – Shooting hoops
\+ 20 minutes – Dancing

60 minutes of activity!

TO start being more active, try these tips:

- **Think about your barriers to being active.** Then try to come up with creative ways to solve them
- **Start slowly.** Your body needs time to get used to your new activity.
- **Warm up.** Warm-ups get your body ready for action. Shrug your shoulders, tap your toes, swing your arms, or march in place. Walk more slowly for the first few minutes.
- **Cool down.** Slow down little by little. If you have been walking fast, walk slowly for a few minutes to cool down. Cooling down may protect your heart, relax your muscles, and keep you from getting hurt.