

Help Your Heart and Body Stay Healthy



1. Find an exercise activity you like to do:

- Soccer
- Baseball/Softball
- Gardening
- Going to the gym
- Swimming
- Dancing
- Fishing
- Hiking, walking
- Biking
- Track

2. Teens of all ages and abilities can improve their quality of life through regular, moderate physical activity.

3. For adolescents like yourself, the 2008 Physical Activity Guidelines for Americans recommends:

- You should do 1 hour (60 minutes) or more of physical activity every day.
- Most of the 1 hour or more a day should be either moderate-intensity or vigorous-intensity aerobic physical activity.
- As part of your daily physical activity, you should do vigorous-intensity activity on at least 3 days per week. You also should do muscle-strengthening and bone-strengthening activity on at least 3 days per week.
- Work with your health care provider to identify the types and amounts of physical activity appropriate for you if you have special health care needs/disabilities. When possible, you should meet the three points above, or as much activity as your condition allows. You should avoid being inactive.

4. The National Center on Physical Activity and Disability has resources, exercise videos, adapted exercises, fact sheets, leisure activity suggestions and much more. Check out their website at: <http://www.ncpad.org/index.php>, call toll-free **1-800-900-8086** or e-mail: ncpad@uic.edu.

5. It is very important to keep active.

6. Remember to check with your doctor before starting any new type of activity program that could be strenuous.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dscc.uic.edu or like us on



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