

## 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](mailto: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:

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