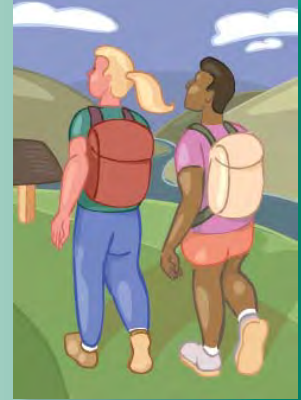




Keep Your Body Fit!



I will learn about:

- Why I need to be active [ak-tiv]
- 3 ways to keep my body fit
- How I can become fit

Why do I need to be active?

- To be active keeps my weight [wait] down.
- It keeps my body healthy.
- I feel that I can do more things when I am fit.



How do I keep my body fit?

My body is made to move.

Every day I need to take time to keep my body fit.

In that time I make my body work a bit harder or longer or in different ways.

This way all the moving parts in my body get used.

I am active when I do this.

To be active is to move the parts of my body harder or longer than I do every day.

What happens when my body is fit?




I feel better when my body is fit.

I can do more things, such as bend over or use the stairs.

I think better too when my body is fit.



My body is fit when:

- my body is strong 
- my body moves well 
- my body can work for a long time 



To keep my body fit I need to work on all these 3 things.

I can be active in any way I like to.

Like swimming, working in the garden, or in other ways.



How do I like to be active?

- _____
- _____
- _____
- _____

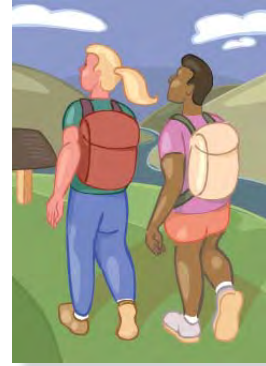




How can I make my body strong?

Some things I can do to make my body strong are:

- work with weights [waits]
- carry heavy things in a back-pack on my walks
- do push-ups



How do I like to make my body strong?

- _____
- _____
- _____



What can I do to help my body move well?

I need to stretch [stret-ch] the different parts of my body.

I stretch [stret-ch] my body when:

- I try to reach (reech) for my toes
- I make myself tall
- I bend my body to each side.



How do I like to stretch [stret-ch] my body?

- _____
- _____
- _____

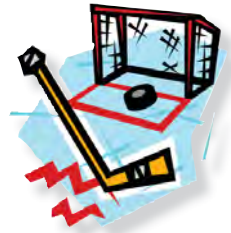




What can I do to make my body work for a long time?

Here are some ways to help my body work for a long time:

- ride a bike or wheel my chair
- go for a walk
- use the stairs and not the elevator
- swim, play hockey and do other sports



How do I like to be active for a long time?

- _____
- _____
- _____



Do I have to go to the gym?

No I do not have to go to the gym to be active.

I can be active

at home

at work

in my free time

or when I am on my way to some place.



At home I am active when I do:

- _____
- _____
- _____
- _____

At work: I am active when I do:

- _____
- _____
- _____
- _____

In my free time I am active when I do:

- _____
- _____
- _____
- _____

When I am on my way to some place

I can do:

- _____
- _____
- _____
- _____



How do I begin?

1. I make up my mind that I do not want to sit so much in my day.

2. I think of ways that I am active in my days.

Then I begin to be active for a longer time.

Such as I take the bus close by my home.

From now on I walk to the next bus stop.



3. I think of new ways to be active.



- I begin with no more than 10 minutes.



- When I feel good about it I do 5 minutes more.



- I do 5 minutes more until I am active for 30 to 60 minutes a day.



4. I am active for 3 to 4 short times in the day.

5. In my week I try to be active in different ways.

6. I take care of myself when I am active.



This plan shows me how I can be active in everyday life.

	Be more strong	Stretch	Move for a long time
Day 1	I dig the garden. 15 minutes	Stretch 15 minutes	I swim. 30 minutes
Day 2	I carry my shopping bags home. 15 minutes	Stretch 15 minutes	I ski in the park. 30 minutes
Day 3	I do some sit-ups. 10 minutes	Stretch 15 minutes	I go for a walk. 30 minutes
Day 4	I lift weights. 15 minutes	Stretch 15 minutes	I go to a dance class. 60 minutes
Day 5	I do some push-ups. 10 minutes	Stretch 15 minutes	I go bowling. 60 minutes
Day 6	I shovel snow. 20 minutes	Stretch 15 minutes	I go for a walk. 30 minutes
Day 7	I take the stairs to the 3 floor. 10 minutes	I go to a yoga class. 60 minutes	I vacuum the house. 30 minutes

What will my plan look like?

The next page has a plan for me to fill out.

I can fill in what I do to keep fit.

I can copy the plan and have a plan for every week.

This will help me to be active every day of my life.



My Plan

Be more strong

Stretch

Move for a long time

Sunday time							
Monday time							
Tuesday time							
Wednesday time							
Thursday time							
Friday time							
Saturday time							



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