



# PHYSICAL ACTIVITY

*moving your body*

## FAST FACTS

- The best type of activity is enjoyable movement. Look for ways to move that bring you joy!
- Teens that get at least 60 minutes of physical activity daily feel their best, physically and mentally. Even just 5 or 10 minutes at a time is a great place to start.

### TYPES OF PHYSICAL ACTIVITY

- **Aerobic:** Walking to school or work, dancing, running, swimming, biking, or chores that make you break a sweat
- **Muscle-strengthening:** Bodyweight exercises (pushups, squats), yoga, or lifting heavy objects (or little kids)
- **Bone-strengthening:** Jumping rope, climbing stairs, or playing sports that make you change direction quickly (basketball, soccer)

### IDEAS: IF YOU HAVE...

#### 5-15 Min

- Dance to a playlist of 4-5 songs
- Take a quick break from homework to do yoga or jump rope
- Try an at-home workout video from Move + Thrive (see resources below)

#### 15-30 Min

- Create a playlist of 9-10 songs and clean your house until your playlist ends
- Bike or walk at your favorite place with a friend
- Work on sports skills like dribbling a soccer ball or shooting hoops

#### 30-60 Min

- Walk while listening to your favorite album
- Play with your sibling at the playground
- Join a sports team and make it to practice

## TEENS: LET'S TALK

**Tell me about the active things you do. What kinds of movements or activities are fun for you or feel good to your body?** Any way that you move your body is physical activity and can help you stay healthy. Let's look at the three types of physical activity and brainstorm ways to get some of each.

**What goals do you have for your physical activity?** What would support you in achieving them? Let's set an achievable short-term goal, write it down, and check-in soon.

## PARENTS: KEEP TALKING

**Encourage your teen to do the physical activities they enjoy.** Ask, "Is there any type of activity you've been wanting to try?" or, "Which example on this sheet sounds interesting?"


**Show your support!** Look for ways to join them; praise them when they do something active with friends; or say, "You seem to be in a really good mood since your walk."

**Try to help remove barriers.** Ask, "What gets in the way of

physical activity?" In some cases, YMCAs, community centers, or sports leagues can make activity more accessible. Check if insurance helps pay for gym memberships. Or, help plan activities they can do while babysitting.

**Be a role model** for engaging in physical activity in ways that are manageable for you, whether that is parking far from the door, dancing in the kitchen, or playing sports.

## GREAT RESOURCES TO KEEP MOVING

 Move Your Way® campaign resources on [Health.gov/moveyourway](https://www.health.gov/moveyourway)

 University of Minnesota Move + Thrive Project [workout videos on YouTube](#)

## Toolkit for Adolescent Care

For more, visit: [z.umn.edu/talk\\_toolkit](https://z.umn.edu/talk_toolkit) | Produced by the University of Minnesota