



Personality and Exercise

Choose activities that you enjoy and you'll stay motivated to exercise!

If you are competitive

Try tennis, basketball, volleyball or any competitive sport.

If you have a strong work ethic

Try heavy-duty housework and gardening, washing and waxing cars, painting, raking leaves, spreading bark.

If you like to socialize

Try joining a gym or walking club: Walking to school or around the track during lunch break.

If you are introspective

Try yoga, tai chi, solitary walking, swimming, or hiking.

If you are strongly goal-oriented

Try planning to run in a race. Set distance, time, and weight goals, and once you've accomplished them, set more goals. Use a personal trainer if possible.

If you like to have fun

Try hip hop or latin dancing, inline skating, horseback riding, bowling.

If you are a dedicated couch potato

Try anything! Go for a walk around the neighborhood.

If you have not exercised in a long time, have high blood pressure, or have ever had heart problems, consult with your health care provider for the guidance on the best workout plan for you.



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Mini-Workouts Make It Easier

If you can't find a solid block of 30 minutes to get your heart pumping, you can get the same fitness benefits by exercising for three 10-minute segments throughout the day. Here are some easy ways to start.

1. Use part of your lunch break to take a brisk one hour walk around your school or the track, swinging your arms and taking deep breaths.
2. Climb stairs in your building. Start with 2 flights and then walk down slowly. Work up to 10 sets.
3. Jump rope. Alternate jumping 30 times with walking in place for one minute.
4. If you're watching television, march in place, lifting your knees high.
5. Dance as if no one is watching for three songs on your favorite fast rhythm CD.
6. Grab a friend to join—it will be even easier.

Source: The Hope Heart Institute, Seattle

Visit us at

www.youthtakeheart.org

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The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

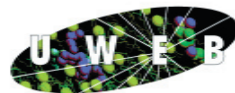
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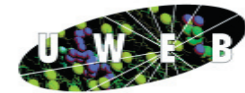
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