

Move It!

American Heart Association 
Learn and Live



Tips for making the most of play

Your family, your friends, and your doctor all want you to be happy and healthy. One of the best ways to do this is to be physically active for at least 60 minutes a day. Here are some good things to remember when you are being active.

- 1 Warm up before you start!** If you're going to be running, start by walking. Then walk fast, then speed up to a jog to get your heart working hard.
- 2 After you are done with your physical activities make sure to stretch.** This will help you avoid getting hurt.
- 3 Water is your friend.** The harder you play, the more water your body needs.
- 4 Mix it up and keep it fun!** Try a lot of different games and activities so you and your friends don't get bored.
- 5 Break it up.** You don't have to play all 60 minutes at the same time. Play for 15 minutes in the morning, 15 minutes at lunch and 30 minutes after school.



Top 5 ways play can change your day

It doesn't matter how you move, as long as you're physically active. Moving until you breathe hard or sweat is good for your body! Here are five changes you could notice right away:

- 1 Sleep tight:** Playing hard every day can help you sleep better at night.
- 2 Improve your mood:** Physical activity can make you happier and give you extra energy during the day.
- 3 Fuel your brain:** Twenty minutes of physical activity before starting your homework can help you relax and think better.
- 4 Bond with buddies:** Playing with your friends is a great way to spend time together or to make new friends.
- 5 Stretch your talent:** Stretch before play time and after play time. It can help you balance better — and that can make your coordination better and make you a better athlete!



National Sponsor
SUBWAY
eat fresh.

SUBWAY® is a registered trademark of Doctor's Associates Inc.


American Alliance for Health, Physical Education, Recreation and Dance
AAHPERD is a proud program partner of Jump Rope For Heart and Hoops For Heart.