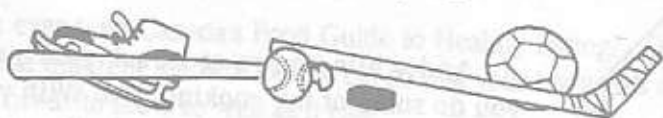


Exercise



To keep your body healthy, you need exercise. You probably get lots of exercise when you play active games with your friends. It's a good idea to get into the habit of exercising now, so that you can easily keep it up as you grow older. Here are hints to help you exercise.

The best way to keep fit is to build exercise into the things you do every day. When you go somewhere, for example, walk or ride your bike whenever you can.

Be active, especially outdoors, for part of every day when you play with your friends. Street hockey, rope skipping, relay races, tobogganing, obstacle courses, and tag games are always lots of fun. Go on outings with your pack, family and friends. Hikes, camping, swimming, snowshoeing and cross-country skiing are great things to do to stay fit.





Lower back stretch

Play a team sport such as soccer, softball, or hockey, where you have to be alert and move around a lot. Try to avoid sports that have a lot of crunching body contact. Your body is developing and doesn't need to be bumped, banged and bruised on purpose.

If you are going to do some physical exercise, warm up first by stretching your body and muscles. One of your leaders or your teachers may be able to help you choose a set of warm-up exercises. They will help you loosen up so you don't strain muscles. Your body is like plasticine. It's easier to work with when you warm it up. Try these stretching exercises before starting any physical activity. Each stretch should be held for about 20 seconds.



Hamstring stretch

- Achilles tendon and calf muscle stretch (wall push-ups)

- Quadracep stretch

- Hamstring stretch

- Lower back stretch

- Arm and side stretch



Quadracep stretch



Achilles tendon and calf muscle stretch (wall push-ups)



Arm and side stretch



- Groin stretch
- Hurdle stretch

Groin stretch

After your activity, your muscles may feel tight. Take a few minutes to cool down and do the stretching exercises again to keep your muscles loose and flexible.

To see if your body has been working hard during exercises, it's useful to take your pulse rate before and after the activity. While resting, put your hand on your heart or on the side of your neck and count the number of heartbeats in a minute. Then take your pulse right after you exercise. You'll be able to see how hard your heart and body are working to stay fit and healthy. The faster your heart beats, the harder you've been working.



Hurdle stretch

Before Exercise After Exercise

My Pulse rate is: _____
 (heartbeats per minute)

These are new kinds of exercises I'd like to try:

<i>Exercise</i>	<i>Who can help</i>	<i>When I did them</i>