

YOUTH HEALTH BULLETIN



JUNE 2023

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THIS MONTH'S TOPIC:

BEING ACTIVE KEEPS YOU HEALTHY



You may have found that sometimes it is hard to sit still — in class, at home, or at a meeting. That is because your body is made to move! Being active, moving your body in different ways, is one way to be healthy. Kids and teens should try to get at least 60 minutes — 1 hour — of physical activity every day. It does not matter how you choose to move. You could choose a sport, join a class, or just play!

You do not have to do all of your activity at once. You can add little bits throughout your day. You could walk to the bus stop or school in the morning, dance in the hallways between classes,

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Kids and teens should try to get at least 1 hour of physical activity every day.

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play tag on the playground at school, attend a team practice or game after school, or take a walk with your family or pet in the evening!

There are three different kinds of activities:

1. Activities that strengthen your bones:

These are things like walking, hiking, jogging, climbing stairs, playing high-impact sports like tennis, and dancing.

2. Activities that build your muscles: These are things like swimming, bicycling, lifting weights, or exercises like pushups, situps, and squats.

3. Activities that make your heart beat faster: These are things like running, jumping rope, dancing, rowing, using an elliptical, or playing high-intensity sports like basketball or soccer.

There are many reasons why being active is good for you. Some benefits of physical activity include:

- Having more energy and feeling good
- Being able to sleep well at night
- Feeling self-confident
- Being able to focus and pay attention



June 10th is National Family Health & Fitness Day. Plan for how you and your family can be active together! You could choose an activity that everyone enjoys, or let each person pick their favorite and take turns doing different activities. There are so many ways to be active and fit!

REFERENCE:

https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Kids_508c2.pdf

Can you unscramble these words?

ABTKEBLSAL: _____

ANCGIDN: _____

IJOGGNN: _____

MWSIMGIN: _____

ANSWERS: BASKETBALL, DANCING, JOGGING, SWIMMING

ADULT HEALTH BULLETIN

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