



## K.G Coyote's Top Five Tips for Exercising

### 1. Make exercise fun

One of the most important things to remember is that exercise should be fun. Exercise doesn't have to be competitive. It can involve dancing around the living room with your brothers and sisters, building a fort, making snow angels, or kicking a soccer ball around the park.

### 2. Try different types of sports

While it is great to be really good at one or two sports, it's also fun to give lots of different sports a try. The variety will expose you to different activities and teach you different skills. Then if one or two appeal to you, then concentrate on becoming really good at those.

### 3. Choose Activity

It's easy after a long and tiring day at school to 'blob' in front of the TV or the computer. However, it really is better for you to be out and about, getting some fresh air and exercising your body.

### 4. Try and do 'aerobic' exercise at least 3 times a week

Aerobic exercise is any kind of activity that makes your muscles use oxygen. It's repetitive exercise, which serves to bring fresh oxygen to all of your muscles. Examples of aerobic exercise are swimming, running, basketball, soccer, cross-country skiing, dancing, jumping rope, biking and rowing. If you do 30 minutes of this type of exercise 2-3 times a week your heart will get stronger and stronger.

### 5. Exercise with your friends and family

In Tip 1, I said that exercise has to be fun. How much more fun can you have than when you are exercising with your friends or family? Go for a swim together, or take a hike or a family bike ride. Organize a game of soccer at a local park and invite all of your friends. Not only will you benefit but so will they!