

# Let's Get Active!!



# How Much Exercise Do Teens Need?

**One hour a day!**





# Why Get Exercise?

- Builds and maintains strong bones and muscles.
- Helps prevent obesity and chronic diseases
- Helps you feel good and sleep better



# Why Get Exercise?

- Reduces stress and depression
- Improves academic performance



# Great Ways to Get Exercise!

- Take a walk with friends or the dog
- Play sports
- Play with friends
- Bike to school
- Take PE every year
- Take the stairs
- Dance





# How Much Exercise to Burn off Food Eaten?

**Pickle** = 5 calories

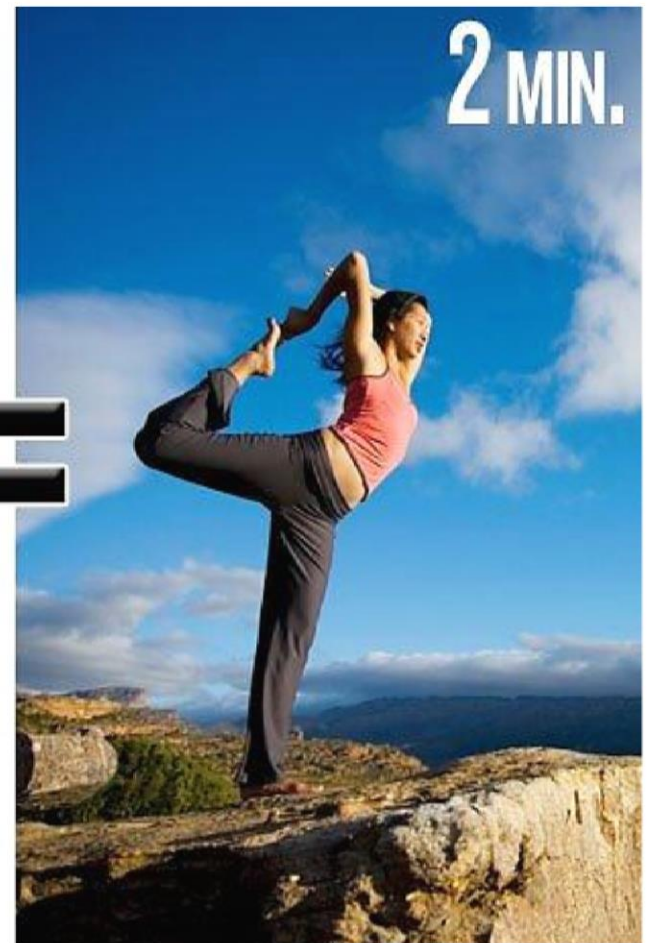
**Running (8 mph):** < 1 minute

**Swimming (laps):** 1 minute

**Hatha Yoga:** 2 minutes

**Jumping Rope:** < 1 minute

(Images are from the blog "The Daily Beast")



**Pizza Hut  
Margherita**

**Pizza** (2 slices) =  
540 calories

**Running:** 36 minutes

**Swimming:** 1 hour  
and 5 minutes

**Elliptical Machine:** 41  
minutes





**McDonald's Big Mac** = 540 calories

**Running:** 36 minutes

**Swimming:** 1 hour and 5 minutes

**Hatha Yoga:** 2 hours and 10 minutes





**The Cheesecake  
Factory Snickers  
Cheesecake** (1  
slice) = 920 calories

**Running:** 1 hour and 2  
minutes

**Swimming:** 1 hour  
and 51 minutes

