

# Fairfax County School Health Promotion May Tips of the Week for Middle School

## Moving Your Body Charges Your Brain!



**Start each tip with this dialogue:** “Welcome to your Healthy Tip of the Week!”

### **Week 1:**

It is recommended that teens get at least 60 minutes of exercise every day! That may seem like a lot of time but it can be broken down in 15 to 30 minute time frames. It doesn't have to be painful! Find something you enjoy doing such as riding a bike, playing basketball or taking the dog for a walk.

Tune in next week for another Healthy Tip of the Week!

### **Week 2:**

Did you know that exercising makes you feel better? When you exercise, chemicals called endorphins are released which make you feel happier. Exercise can also improve your ability to concentrate which can help you finish the school year strong!

Tune in next week for another Healthy Tip of the Week!

### **Week 3:**

When making plans to exercise, include aerobic activity to build endurance, strength exercise to improve your muscle tone and protect your joints, and don't forget to include stretching to increase flexibility and help avoid injury.

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### **Week 4:**

Exercise can be relaxing and fun, but don't over exercise. Exercising too much can cause injury to your body. If you are feeling pain or having trouble catching your breath, it is important to slow down. According to the National Institute of Health, “Physical activity is any body movement that works your muscles and requires more energy than resting,” so even taking a walk is a good way to get your physical activity for the day.

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