



Get Rolling!

Physical activity may be the answer you're looking for

Feeling blah? Glued to the tube? Stuck on Facebook? Bored? Getting off your chair and becoming more active could be the answer you've been looking for. Did you know:

- Exercising causes the body to produce feel-good chemicals in the brain, resulting in feeling more peaceful and happy. You may not believe this when you collapse after a much-too-hard run in your out-of-shape body, so remember – start slow! Build your activity up gradually and then push it every once in a

while. Assess how you feel post-workout – you may notice that high everyone talks about.

- Physical activity can help those with mild depression and low self-esteem
- Exercise can help some people sleep better.
- Exercising can help you look better.
- Exercise helps people lose weight and lower the risk of some diseases. Exercising to maintain a healthy weight decreases a person's risk of developing certain diseases, including type 2 diabetes and high blood pressure. These diseases, which used to be found mostly in adults, are becoming more common in teens.
- Exercise can help a person age well.¹
- Pick something you actually like to do. Stay active in ways that are fun, but also don't be afraid to try something new.

So, wanna be more confident, feel attractive, strong and on top of the world? Get out there and get moving! Physics teaches us that an object in motion tends to stay in motion. Once you take that first step, you'll be rolling.

For more tips on staying physically active visit kidshealth.org/teen

ⁱ http://kidshealth.org/teen/your_body/take_care/exercise_wise.html

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