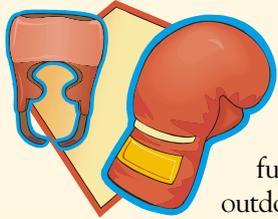


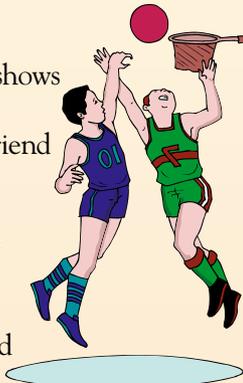
Activities



1. Bring something to share with the class that is useful or protective during outdoor workouts or recreational activities.

2. Set up different outdoor fitness stations during PE, break, or at home, and complete the station activities in pairs. Record the environmental factors that were present, and describe how you felt about exercising with a partner.

3. Draw a picture that shows you exercising or being physically active with a friend or family member.



4. In your journal, write about a time that you exercised with a friend or family member. What did you like or enjoy about the experience? Was there anything you didn't like?

Home Connection With your family, list the outdoor recreational or exercise activities that each family member participates in. For family members that aren't getting enough physical activity, suggest some activity recommendations. Share your recommendations with your classmates.



Discussion Questions

What kinds of physical activities do you like to do with family or friends?

Do you enjoy exercising with others or alone?

Be Prepared for your Exercise Environment



Exercise should be an important part of your daily life. It is recommended that adolescents get at least 60 minutes of exercise every day. Exercise comes in many forms. Running, walking, dancing, skating, playing basketball, and swimming are all forms of exercise. Exercising and playing outdoors are great ways to get some fresh air and hang out with friends. Sometimes, the weather outside can affect your exercise schedule and routine. It is important to be aware of the climate and temperatures outside as you plan your outdoor activities. During **warm** or **hot temperatures**, wear light colored, loose fitting clothes, and protect your skin by using sunscreen. In **cold temperatures**, it is best to dress in layers and wear a hat and gloves. You should also drink plenty of water while exercising and extra water while working out in hot temperatures.



Exercising

with Family and Friends



Exercising with family members or friends offers an opportunity to socialize and work towards common fitness goals. A brisk walk with a parent, sibling, or spouse can provide time for families to discuss their day, problems, or goals. Friends that exercise together are usually more dedicated to their fitness routine and help keep each other accountable and motivated.

Some people join an exercise class to add a little variety to their workouts. This is a great way to meet people who share common fitness interests. Working out with a group of people can turn a workout session into a social event that provides fun and fitness opportunities.

Even if you like to exercise alone, occasionally doing something active with friends or family can spice up your regular fitness regimen.

Consider the following activities...

- ✧ Take a brisk walk with a friend or family member.
- ✧ Go bike riding with friends or family.
- ✧ Roller blade with your sister, brother, or a friend.
- ✧ Shoot some hoops with a parent or friend.
- ✧ Gather enough friends to play a game of 3 on 3 soccer.
- ✧ Join an exercise class.

