Keep on Moving!

Goal
To make physical activity a lifestyle habit.

Objectives
Participants will:

- Discuss ways to stay motivated.
- Create new ideas or games to stay physically active.

Key Teaching Points

- Begin slowly.
- Choose an activity you like.
- Change activities to prevent boredom.
- Don’t make comparisons.
- Look for new ideas.
- Miss a few days - it’s OK.

Beginning a physical activity is easy. Continuing the activity is what can be hard. You may lose the motivation to continue, and that is natural. Let’s look at some suggestions to help keep you moving.

Give *Keep Moving* handout to participants.

- **Begin a new activity slowly to avoid injury and burnout.** Your body will need time to adjust to new movement.
- **Exercise with friends and family.** Knowing that you might be letting someone else down if you “Don’t Show,” may encourage you to participate.
- **Choosing an activity you like is simple and convenient.** When you like doing something, you are more likely to participate and do it well.
- **Choose the activity.** Doing the same activity over and over can cause boredom. Try doing something different every now and then. For example, if you walk three days a week, try riding a bike one of the three days.
- **Add music to your workout.** Listening to music makes the physical activity more fun.
- **Keep a record of your progress.** We all have good and bad days. Keeping a record of your progress helps you focus on the good days.
- **Give yourself a reward when you reach your goals.** When you set a goal and reach it, you have done a great thing! It’s OK to pat yourself on the back.
- **Don’t compare yourself to others.** You are an individual with unique needs and potentials. Develop physical activity according to your potential.
- **Read books or magazine articles on new ideas for physical activities.** You may decide to try roller blading, back packing or soccer.
- **Sign up for a physical activity offered by a group or business.** For example, try Cardio Kickboxing, dance lessons or aerobics.
- **It’s OK to miss a few days.** If for some reason you should stop your activity for several days, (sickness, vacation, etc.), you should start slowly until your body has adjusted to being active.
Everything you do now will affect you in your “old age.” You have started living healthier by beginning or maintaining a physical activity. It’s up to you to “Keep Moving.” Have a happy, healthy and safe journey through life.

**Activities**

Have the participants get into pairs or groups. Ask each group to create a new kind of activity or game involving movement. Have each group demonstrate their ideas to the others and then all participate in each activity.

Have a discussion with everyone about what activity they like best and why. Ask them for ideas to improve each activity or game.

**Evaluation**

Ask participants to fill-out *Youth Health Breaks* Evaluation for ‘Keep On Moving!’

**Additional Resources**

*Youth Health Breaks* Handout - Keep Moving!

UT Extension publications

- SP 502-J Teen Wellness: Sports Health-Water is the Key
- SP 502-K Teen Wellness: Sports Health-Carbohydrate Loading
- SP 502-T Teen Wellness: Getting Physical and
- SP 502-U Teen Wellness: How Fit Is Your Teen’s Fitness?

are designed for parents of adolescents and can be used as a resource for the instructor.