

Focus on Being Active

Being physically active can be hard. Sarah was not happy with her weight. So she decided to start being more active. Within two months, Sarah was walking 5 days per week for 30 minutes at a time. She walked with her father or mother after dinner. Her mother walked with Sarah on Mondays, Wednesdays, and Fridays and her father walked with Sarah on Tuesdays and Thursdays. Sarah's father started to work later in the evening at his job because of a sick co-worker. Sarah's mother had to start taking Sarah's sister to swim class and her brother to soccer practice in the evenings. This meant that there was no time for Sarah's parents to walk with her in the evenings. So Sarah started to exercise less and less.

Why do you think Sarah stopped exercising?

What could Sarah do to be active?

Can you think of ways that you can be active?

- ▶ Being active is the best way to change the way your body looks and works.
- ▶ The easiest way to keep active is to be active with a friend or someone in your family. This gives you someone to be active with and someone to encourage you to be active when you feel discouraged.
- ▶ Find ways to increase being physically active such as getting off the bus a stop or two sooner than usual or think of ways to use the stairs more often.

See lessons 3 and 5 in your manual for more information about being active.