

# TOP 5 FITNESS FACTS



## 1 GET WARMED UP!

Without a warmup, your muscles may be stiff. When you warm up before an activity, you make your muscles more flexible and elastic. Warming up helps:

- ✓ *your muscles contract + expand*
- ✓ *improve strength + reaction time*

## 2 STAY ACTIVE!

Playing regularly and staying physically active doesn't just improve your physical health, it also helps improve mental + emotional wellness. You can help stay active by:

- ✓ *playing sports*
- ✓ *playing tag*
- ✓ *riding your bike*
- ✓ *dancing*



## 3 LIMIT SCREEN TIME

Playing video games and watching TV is fun, but it is important to limit the amount of time you stay sedentary. Instead of watching TV, you could:

- ✓ *share a meal with your family*
- ✓ *chat with a friend or a sibling*
- ✓ *play a physical game with your friends*

## 4 BOOST YOUR BRAINPOWER!

Not only does exercise improve your body and make you healthy, but it increases energy levels and improves mental clarity! Exercising regularly can improve:

- ✓ *your mood*
- ✓ *your grades*
- ✓ *your self esteem*



## 5 MIX IT UP!

Playing a variety of different physical games and exercising different muscles is not only fun, it also helps you stay fit overall. The four types of exercise are:

- ✓ *endurance*
- ✓ *strength*
- ✓ *balance*
- ✓ *flexibility*



**BEING ACTIVE IS KEY TO GET IN WINNING SHAPE!  
EXERCISE REGULARLY TO STAY HEALTHY  
AND POWER UP YOUR GAME!**

To learn more nutrition facts and health tips, visit <https://www.chiefs.com/wellness/>.

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