**Benefits of Exercise**

Children and teens aged 5-17 should get at least 60 minutes of physical activity each day. Low fitness level is the strongest predictor of death or a shorter lifespan. Exercise has many benefits for your body including:

* Helps control weight preventing obesity
* Decrease your chances of developing many diseases such as heart disease and type 2 diabetes
* Reduces your risk of developing cardiovascular disease
* Decreases your blood pressure
* Improve mental and emotional health

Strength training can:

* Increase bone density
* Lower blood pressure
* Help manage your weight- Increased muscle mass increases your body’s metabolic rate (amount of calories you burn)

**Fuel your body!**

Just as a car runs best with a full tank of gas, your body needs the right kind of “nutritional fuel”. You body gets its fuel from food. The 5 essentials needed for your body to function are protein, fat, vitamins, minerals, and water. In order to effectively fuel your body it is important to eat a balanced diet (Canada’s Food Guide), eat regular meals or snacks (3-5 meals a day), eat enough calories, and drink plenty of fluids (at least 8 cups a day).

**Good Indicators of Effective Exercise/Program**

* In your target heart rate zone
* Breathing pattern (At the height of your workout, you should be breathing hard. You should not be so out of breath that you cannot answer a question, but should not be so comfortable that you can carry on a full conversation)
* Goal Setting/How you feel

 **Bad Indicators of Effective Exercise/Program**

* Amount of sweat
* Exercise should never be painful!
* Weight is not a good indicator of fitness level (may gain muscle and as a result gain weight)

**Balanced Exercise Program**

It is important to include all 4 fitness components in your workout program

* Cardiovascular Endurance
* Muscular Endurance
* Muscular Strength
* Flexibility