



I keep active every day.

Being active each day keeps me healthy and helps give me energy and make my body work better and feel good. Every day, I should do some movement activities, stretching activities, and strengthening activities. I can choose activities that I enjoy.

I can talk to my doctor about the exercises and activities I plan to do. It is important to always be safe and aware so I don't get hurt. As part of my activities, it is also important to drink water.

Stretching Activities

- Stretching helps to make my muscles more flexible.
- Being flexible can help prevent getting injured, especially before movement activities.
- I can how to stretch different parts of my body safely.

Movement Activities

- Moving my body is important to help keep my body healthy. There are many ways to keep moving.
- Some movement activities include basketball, biking, cheerleading, dancing, gardening, gymnastics, house cleaning, hula hooping, jumping jacks, push-ups, rollerblading, sit-ups, soccer, swimming, walking the dog, walking up and down the stairs, and washing the car.
- I can ask someone to help me with movement activities that I like the most.

RWJBarnabas
HEALTH

**Children's
Specialized
Hospital**





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Strengthening Activities

- Strengthening my muscles helps my body have more power and strength. It is good to strengthen different parts of my body like my arms, legs, stomach, and chest.
- Some strengthening activities include dance, gymnastics, lunges, push-ups, rock climbing, rowing a boat, sit-ups, squats, using ankle or wrist weights, using resistance bands, and weight lifting.
- I can ask someone to help me with strengthening activities that I like the most.

