



## SECONDARY

# LET'S GET MOVING!

Physical activity is important for students in Grades 9-12. It can help to manage stress, build relationships, and develop leadership skills.

## AT SCHOOL >>>

**The following tips can help increase physical activity opportunities for students during the school day.**

- \* **Include non-traditional activities** for intramurals and physical education, such as rock climbing, yoga, or Capoeira.
- \* **Offer extra credit** to students who organize intramurals or sit on a school wellness committee.
- \* **Make bike racks accessible** at school to encourage active transportation.
- \* **Plan outdoor lesson time**, such as going for a walk to collect data for biology.
- \* **Offer open gym time** before and after school.
- \* **Institute a "no-cut" policy** for school teams and/or intramurals.
- \* **Consider sharing the tips below** with your students to encourage physical activity beyond the school day.

## AT HOME >>>>

**Your body need to move! Here are some ideas to encourage moving more and sitting less!**

- \* **Get enough sleep** so you have energy to be active.
- \* **Include active breaks** when studying.
- \* **Walk or wheel** instead of driving whenever possible.
- \* **Be active during screen time** by sitting on an exercise ball or taking a fit break after every 20 minutes.
- \* **Check out active fundraisers**, such as charity wheels/walks/runs or a dance-a-thon.
- \* **Look for volunteer opportunities** that include being active, such as coaching a sport team, helping out at a gym, or guiding walks on local trails.
- \* **Explore drop-in programming** in the community.