

## How to be Active at Home and in Your Room

Not everyone is into sports or has a gym membership, and sometimes the weather makes it hard to get outside. Here are some great ways to be active without even leaving your house! There are activities for every person no matter what your abilities are—the possibilities are endless so be creative and find the activities that you enjoy!

- **Dance!**  
Turn up your favorite music and get your groove on! Don't be shy, shut your door and boogie down.
- **Work it.**  
Rent workout videos or check some out from the library. There are all kinds of crazy workouts to try—find your style and then take it home.
- **Clean it.**  
Pitch in with the house cleaning. Not only will it score you points with your parents, but cleaning your room, vacuuming, or doing the dishes can get your heart pumping as well.
- **Climb it.**  
Turn your stairs into a stair master! Take 3 trips up the stairs in your house or do step-ups on one step to turn a normal activity into exercise.
- **Pump it up.**  
Try lifting something heavy like food cans or school books while you are sitting around. Add these weights to another activity like squats or crunches to add a challenge.
- **TV it?**  
Stay active during TV time. Use commercial breaks as a time to do jumping jacks, push-ups, or crunches. If you love your TV, you'll have a six-pack in no time.
- **Put your green thumb on.**  
If the weather is nice, help out with the yard work. Mowing the grass and gardening can be fun exercise.
- **Twist it.**  
Play games that get you moving, twisting and running. Organize the kids on your block to play a huge game of capture the flag!
- **Stretch it.**  
Start your day off right with stretches or yoga to loosen up your muscles.
- **Shoot it**  
Put up an indoor basketball hoop or create one out of a trash can. Challenge a friend or sibling to a game of one-on-one.

