

Exercise

Help Your Heart and Body Stay Healthy



1. Find an exercise activity you like to do:
 - ◆ Walking
 - ◆ Gardening
 - ◆ Basketball
 - ◆ Aerobics
 - ◆ Lifting Weights
 - ◆ House Cleaning
2. Exercise at least 3 times a week or more
3. Do your exercise for 20 minutes or more each time
4. Remember to check with your doctor before starting any new exercise program



Kentucky Commission for Children
with Special Health Care Needs