



Sogo Active. A program presented by Coca Cola Canada in collaboration with ParticipACTION

great ways to get moving

How active are you now? Do you already get 90 minutes of exercise a day? Keep it going! Do you do 60 minutes? That's great! How about 30 minutes? You're on your way.

Start by trying to increase your level of activity by 15 minutes per day. If you're in front of the TV anyway, do some stretching, skipping, or ab crunches. Better yet, cut the gaming, surfing, and TV time by a half hour and get outside for some fun.

You don't need a lot of time or special clothes to get moving. Try walking to school instead of taking the bus or driving. Take the stairs instead of the elevator. Or take the dog for a walk or mow the lawn.

whatever you do, build up endurance, flexibility, and strength

- Whether you're flying down the ice or dancing, building endurance helps you go longer — even when those around you drop from exhaustion.
- Can you touch your toes? Whether you like yoga or synchronized swimming, or martial arts, or just want to stretch before bed, increasing your flexibility helps keep you from being injured and helps with stress.
- Lots of activities strengthen your muscles. It doesn't have to be weight training. Mountain biking, boxing, soccer, hiking, even taking the stairs carrying your backpack — any activity that challenges your muscles and makes you feel tired is likely building muscle.

You don't want to get bored, so mix it up. You can step things up with something like cycling, dancing, hiking, or skating. Or

try some sports like running, soccer, basketball, or supervised weight training. Then cool down with a walk or a bike ride. There are tons of fun ways to get active beyond the usual team sports. Grab a friend — or a few friends — and choose what you want to do and how to do it. Or try a few of the following on your own:

- Kick butt! Boxing, kung fu, kick-boxing, etc.
- Move to the music — in class, in the street — wherever!
- We're rolling! Get out your skateboard, in-line skates, or bike,
- The ball's in play — try soccer, beach volleyball, hackey-sack, wall ball, rockball (requires a tennis ball, a rebounding surface and boundary lines), Newcomb (a version of volleyball, great for people with limited athletic ability or certain disabilities).

do something new

Now for something completely different...

- Try Frockey (flying disk hockey — “beyond Ultimate — the hottest game on ice”).
http://www.frockey.com/index_files/Page565.htm
- There's Oozball (and, yes, it's as messy as it sounds. A volleyball, mud, and a good shower afterwards are the necessary ingredients).
<http://www.youtube.com/watch?v=V-e8GTWzkUU>
- Or try Wiffleball (the perforated plastic ball makes this version of baseball easy to play on driveways and in parks and backyards — no more broken windows!)
<http://www.youtube.com/watch?v=GMk-ZXEhpOE>

Activity is only fun if you don't get hurt. Check out these tips on how to avoid sports injuries:

Prevent Injury during Physical Activity - SMARTRISK
<http://www.smartrisk.ca/ContentDirector.aspx?tp=4117&dd=11>

Physical Activity: Safety and Injury Prevention from ACT NOW BC
http://www.actnowbc.ca/EN/everyone/physical_activity:_safety_and_injury_prevention/