



# LIVE YOUR WHY

## Afterschool Edition



What aerobic exercises do you like to do?

Aerobic exercise: cardiovascular conditioning that keeps your heart, lungs, and circulatory system healthy\*.

Examples: running, biking, swimming, walking briskly, hiking, and any exercise that gets your heart rate up.

**Pick an aerobic exercise to do for 30 minutes or longer.**



How do you motivate yourself to exercise outdoors in the winter months?

What aerobic exercises can you do indoors?

\*[my.clevelandclinic.org/health/articles/7050-aerobic-exercise](http://my.clevelandclinic.org/health/articles/7050-aerobic-exercise)



Looking for other ideas to help plan your afternoon? Visit us at  
[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)