

## LIVE YOUR WHY

## Afterschool Edition





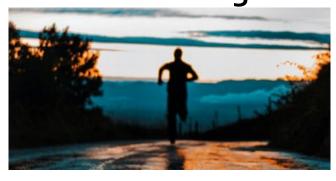
<u>Aerobic exercise:</u> cardiovascular conditioning that keeps your heart, lungs, and circulatory system healthy\*.

<u>Examples:</u> 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

