

Always Changing & Growing Up

Physical Activity and You

The trick with physical activity is to pick something you find enjoyable. There are many options to choose from whether you like to be active on your own, with another person, or as part of a team. It's important to discover what motivates you to be physically active. Remember, it's never too late to start getting active.

Plus, Physical Activity:

- Helps your muscles develop properly.
- Keeps your joints loose so they don't stiffen up and give you aches and pains.
- Makes you breathe more deeply, making your lungs work more efficiently.
- Strengthens your heart so that it pumps blood more efficiently
- Improves your reaction times and general coordination.
- Releases chemicals into your bloodstream, helping you relax and feel good.

Activities

1. On your own, make a list of all the physical activity you did in the last week.

a. Do you think you are physically active enough? Yes ☐ No ☐ Why?

b. Are there any changes you can make to your physical activity routine?

2. All doctors say that physical activity is important.

a. Why do you think some people don't participate in physical activity?

b. How would you encourage them to be more active?

3. Compare your answers with a classmate and discuss any differences. Write what you discussed below.

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



© 2025 P&G Always Changing Puberty Education Program