

H.Y.P.E. THE BREAKS

HELPING YOUNG PEOPLE ENERGIZE

TIPS

1. **Shoot for 60!** All young people should aim for 60 minutes of physical activity each day.
2. **Drink Up!** Keep yourself hydrated with water before, during and after workouts. Your body performs best when it's properly hydrated.
3. **Mix it Up!** Jump, Bounce, Glide, Flow... try different activities to find out what *you* like.
4. **Relieve Stress:** Being a young person is full of pressure. Fitness can be an excellent way to release tension in your mind and body... and music can be an incredibly powerful mood booster!
5. **Start Small:** Building new habits take time. Start with small fitness breaks and slowly increase your workout time.
6. **No Gym? No Problem!** You don't need a gym or fancy equipment to get active. Take a H.Y.P.E. Break anywhere, anytime – even without getting out of your seat.
7. **Plan Ahead:** Think about the times of day that can work best for you for to squeeze in a H.Y.P.E. Break – or other fun fitness activities—into your busy day.
8. **There's Power in Community!** Get a friend at school or someone at home to join in the fun and keep the motivation strong.
9. **You Got This!** Don't be afraid to give yourself a pep talk. Keep a motto handy to give you that extra motivation to be active every day.
10. **Have Fun!** If you enjoy what you're doing, you're likely to stick with it.