

# Ten Top Tips to Get You Moving

While studying or doing homework it is important to take regular breaks. Here are some things you can do...

- Go for a quick **walk** (maybe take the dog for a walk)
- Help do some **chores** around the house
- Go outside in the **fresh air** and / or do some **deep breathing**
- Do some **stretching** to work those muscles after sitting for extended periods of time
- Practice some **brain exercises**
- Keep playing **sport** if you are in a team (just don't overdo it so that you are too tired or don't have enough time for your homework)
- Do something **active** with your **friends** or **family** (like skateboarding, riding your bike, swimming at the beach)
- Try and do some **muscle-strengthening exercise**. Try and work out with **weights**.
- Walk, bike or skate to school or your friend's place
- If you have a **treadmill** or **exercise bike** do some reading, listen to your iPod, or practice remembering facts for your history exam while you exercise!