



## Requirements for the City Council Award

You must participate in some form of physical activity for at least 30 minutes a day, 5 days a week, for 5 weeks. "Physical activity" is any activity that involves body movement that increases your heart rate. It does not have to be strenuous exercise. Examples of physical activity are: walking the dog, washing your car by hand, cleaning your house, gardening, playing with your kids, dancing, biking, swimming, running, or playing a sport. Participating in these activities for 30 minutes a day can help you feel better about your body and health. You can also get exercise by making different choices in your daily life. For example, you can walk to nearby stores or schools instead of driving. You can take the stairs instead of the elevator. You can go out and play soccer instead of playing video games. Staying active and moving is the key to living a better and healthier life!

Once you begin participating in physical activity, you will need to record what you did in your log (located on the back) and for how long. If you are under 18 years old, you will need to have an adult sign your log as proof that you did the activity. You can also measure your activities by using a pedometer throughout the day. The key to living a healthy lifestyle is to get active gradually. For example, if you want to do a physical activity for 30 minutes a day you can start by doing a physical activity for 10 minutes a day and gradually work your way up to 30 minutes a day. Whatever you do, try to be consistent! For example, try to do a physical activity everyday. Then it will become a routine for you and it will be a lot easier for you to do physical activity! You will be on your way to a healthier and happier you!

Residents in our great city of Santa Ana suffer from many health issues. For instance, 34% of our children are overweight or obese. Many of us have friends and family suffering from diabetes and heart disease. By being inactive, you put yourself at a higher risk for these types of costly health issues. Also, you may have lower self-esteem and have less energy!