

What's best for my body?

You only have one body, so it's important to take care of it. Doing some exercise is a vital part of this. Choose one answer to each of these four questions to find out how you feel about getting your body moving.

Q1: It's a lovely, sunny day and one of your mates suggests going on a bike ride. What do you do?

- a) Make an excuse. You're too tired, and it's too hot to do anything really strenuous today.
- b) Get yourself a healthy snack, such as some fruit, fill your water bottle and give it a go!
- c) Say you don't really fancy a bike ride, but are up for a brisk walk around the local park.

Q2: You have always taken the bus to school, but know you could walk if you left a bit earlier. What do you do?

- a) Carry on getting the bus. It's a no-brainer because it means you get another 15 minutes in bed.
- b) Make the decision to walk every day, and set your phone to count your steps to feel extra virtuous.
- c) Commit to walking at least a few times a week, but allow yourself to get the bus if the weather's bad, or you're late.

Q3: You've never enjoyed team sports, but some mates are organizing a fun volleyball game in the park. What do you do?



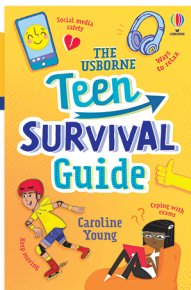
- a) Explain that it's not for you, and never will be, however much they say there's 'no pressure' or 'it's just for a laugh'.
- b) Do it! You've got nothing to lose, and it would be good to spend more time with your mates out in the fresh air.
- c) Tell your friends your reservations, but that you'll come along to the first game and see how you feel.

Q4: One of your friends wants you to go to a new aerobics class with them. You're worried you won't be able to keep up. What do you do?

- a) Tell your mate that you don't enjoy exercising, and would rather relax in other ways than jumping around in a sports hall.
- b) Agree to go along, and give it your best shot. If not now, when? You might really enjoy it!
- c) Say that you'll try one session but may need to take things at your own pace, because you haven't exercised for a while.

What do my answers mean?

There is no 'right' answer, but some are much better for your body. If you chose the a) answers, that's a shame, because you (and your long-term health) are missing out. If you went for b)s, you're super determined to be more active! The c) answers are perhaps sensible, 'safe' choices – but how good might you feel if you committed to the b) answers?



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