## COPING KIT SKILLS:
# Getting Active

**Helps with:** Pain, Sleeping, Fatigue, Sadness, Anger, Anxiety or Worries, Improving Health

**What is it?** Getting active means exercising or moving your body!

**What do I need?** It depends on the activity you choose – some things can be done without any tools, but other activities require special equipment.
- If you have any medical problems, talk to your doctor first about what activities are safe for you
- Comfortable athletic shoes that fit well
- Protective equipment (like a helmet for bike riding or skateboarding)
- Special activity-related equipment (like a bike, a football, baseball and mitt, music for dancing, a DVD for yoga – just to name a few!)

See the Tips section to see how these items can help!

**When do I use it?**
- Do this anytime!
- When you are bored, or tired.
- When you have extra energy.
- When you are sad or nervous about something.
- When you are angry and need to blow off some steam

**What can I do?** There are so many ways to be active. The possibilities are endless!
- Go for a walk
- Ride your bike
- Jump Rope
- Go for a swim
- Do yoga
- Rollerblading
- Go hiking

- Play a sport with friends…. Like basketball, soccer, kickball, tennis
- Wii Fit games
- Dancing
- Do housework or chores
- How about taking the stairs instead of the elevator (little changes help in big ways over time)

**How do I do it?**
1. Try different activities to figure out what you enjoy doing. It will be easier to make things that you like to do a part of your routine!
2. Start out slowly, especially if you haven't been active in a while.
3. Slowly increase the amount of time you spend doing your enjoyable activities.
4. Notice how great it feels as your body gets stronger and stronger.
5. Work your way up to exercising 3 times per week for at least 30 minutes.

**Tip:** Ask a family member to get active with you. Ask a friend to be your exercise buddy. This can help you get motivated, make exercise more fun, and give you time to spend time with others!

**How can this help me?** Research shows that physical activity can help you feel stronger, have more energy, sleep better, improve mood, improve memory and concentration, decrease pain, decrease stress, and improve health in general.