

# PHYSICAL EXERCISE

## Activity summary

In order to manage and adequately maintain one's personal health, an individual must be capable of developing and maintaining healthy routines and habits which promote his/her well-being. Such kinds of behavior are related to physical health, nutrition, reducing risky behavior, habits associated with taking medications, etc.

This group of activities includes exercises designed to promote the development of skills related to caring for one's health with an emphasis on the importance of adhering to sensible and prudent conduct and establishing appropriate habits to prevent future problems.

The objective of the planned exercises is for the individual to be capable of maintaining adequate physical exercise habits/routines.

## Materials needed

1. Paper and pencil/pen
2. Pictures of people engaging in a variety of sports/physical activities
3. Sports/Exercise equipment

## Practice

1\_ Review and discuss the advantages and benefits of performing balanced and consistent physical exercise.

2\_ Together, seek out easy and enjoyable ways to do physical exercise (*e.g.*, in a group, setting a fixed time, setting specific goals, etc.). Help him/her evaluate what activities will be the most beneficial and motivating based on his/her capabilities and interests, but taking into account that these activities must be accessible to him/her over time. Incorporate pictures and/or videos that demonstrate the demands and/or requirements of each specific physical activity.

3\_ Design a chart that he/she can comply with regularly. Among other things, it could include performing each specific physical activity and the duration thereof in accordance with the objectives that have been decided upon.