

Appendix N: Information About Exercise

Exercise can be an important stress management tool for your young adult, as well as a great way to stay healthy and relax! Use these tips and tricks to help motivate your young adult to get into an exercise routine.

Types of Exercise

- ◆ Jogging
- ◆ Swimming
- ◆ Team Sports (basketball, volleyball, hockey, soccer, etc.)
- ◆ Biking
- ◆ Aerobics
- ◆ Yoga
- ◆ Pilates
- ◆ Boxing
- ◆ Karate
- ◆ Tai Chi
- ◆ Walking
- ◆ Skating
- ◆ Weightlifting
- ◆ Jumping rope

Tips and Motivators

- ◆ Join a gym as a family, and make it a family activity
- ◆ Coordinate a block party, and play soccer or kickball
- ◆ Reward your young adult for taking the time to exercise with something that he really gets excited about
- ◆ Buy him new workout clothes
- ◆ Make it a game or competition; for example, whoever can make the most baskets wins a prize!
- ◆ Get your young adult a favorite book that he can read while on a stationary bike
- ◆ Use fun workout tapes/DVDs
- ◆ Take a yoga class together
- ◆ Teach your young adult about the benefits of exercise (physical, well-being, stress reliever)
- ◆ Provide a yummy, healthy snack after the activity (granola bar, apples with peanut butter, etc.)