



# PowerPlayMD-OC

A **pediatrician** directed health, nutrition and fitness program to manage weight and to promote **healthy, lean and active youth**

## PowerPlayMD-OC Tips on Fitness

1. **Fitness should be fun.**
2. **Exercise together, exercise forever.**
3. **Exercise makes your body feel better when you are done with it, though sometimes it makes you feel worse while you do it.**
4. **Accomplishments take time; take time towards your goals.**
5. **Movement is the key to success, lack of it can depress.**
6. **Exercise can make you healthier and happier.**
7. **The better foundation in movement kids have, the better success in movement kids will have.**
8. **Life is more enjoyable with friends, the same goes for exercise.**
9. **Fitness doesn't just build a better body, it builds a better life.**
10. **Children have and innate desire to move, cultivate it.**

Created by Timothy Talosi, PowerPlayMD-OC Director of Fitness. February 2006