

PHYSICAL EXERCISE FOR ADHD

List your current exercise/physical activity:

Exercise activity	How Often

List exercise you enjoy or you are interested in trying

Examples: team sports, bicycling, running, swimming, dancing, karate, yoga, skateboarding, skiing, gymnastic, tai chi

*Make it a habit

*Schedule exercise on your calendar

*Plan on at least 3-4 times per week for at least 30 minutes

*WEAR A HELMET on your bicycle, scooter, skateboard, skis etc.