

# EXERCISE

Children should exercise for at least 1 hour everyday!

Spread the word! Children love to move and play, but only a few children get enough exercise each day. Did you know that kids need a whole hour of exercise each day? There are lots of ways to get good exercise. Riding bikes, playing sports, running, and many more activities provide the movement that your body needs to stay healthy. There are lots of benefits to exercising. Exercise can help you do better in school, it helps your brain develop, helps to develop small and large motor skills, helps you be happier and behave better, and helps you feel better about yourself. It might feel difficult to find the time to exercise, but its worth the effort! So spend less time sitting and watching a screen and more time having fun moving your body! Try lots of different activities until you find your favorite ones!



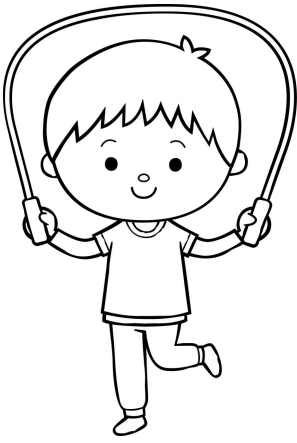


# TRY THIS!

## When Exercising

- Be sure to drink water as you exercise.
- If you are exercising outside, make sure to put on sunscreen.
- Wear clothing that's good for exercising. Tennis shoes and clothes that are easy to move in are good choices.
- Wear protective gear like helmets or pads when needed.
  - Warm up before you begin exercising. Run in place, breathe deeply, and gently stretch to prepare your body.

Name: \_\_\_\_\_



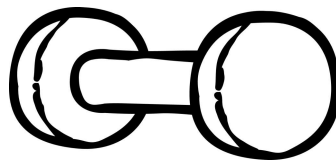
# Getting Good **exercise**



## Exercise You Like

Write down five types of sports or physical activity that you know you like.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Exercise You Want To Try

Write down five types of sports or physical activity that you might like to try.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_