



HAPPY BODY, HAPPY MIND,

EXERCISE ALL THE TIME

You probably exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. There are many others ways to exercise, like playing sports, rollerblading, doing push-ups, and even reaching down to touch your toes. When you exercise, you are building a strong body that will be able to move around and do all the things you want to do. Try to exercise every day and your body will thank you!

HAPPY BODY:

Exercise makes your heart happy:

Your heart is an important muscle in your body and it works hard to pump blood every day. You can help this important muscle get stronger by exercising. When you exercise, you may notice your heart pumps faster and you breathe faster than normal. Giving your heart this kind of workout regularly makes your heart stronger, so it can do its job even better.

Exercise makes your muscles stronger:

When you use your muscles to do things like push-ups, pull-ups, running or rowing, they get stronger. We need to exercise our muscles regularly, so they can stay strong and healthy. Staying strong helps you live a healthier and more active life.

Exercise makes you flexible:

Being flexible is when you can bend and stretch your body without much difficulty. Stretching exercises, like touching your toes, help you be more flexible, so you can move your arms and legs freely without feeling tightness or pain.

HAPPY MIND:

Exercise makes you feel good! Not only does it feel good to have a strong body that can do all the things you want to, exercise can actually put you in a better mood. When you exercise, your brain releases chemicals called endorphins, which may make you feel happier.

