

BE A FIT KID

Being fit is a way of saying a person eats well, gets a lot of exercise, and has a healthy weight. Being fit is important for your body to work well, feel good, and do all the things that you want to do every day. There are many things that you can do every day, so you can be a fit and healthy kid. Follow these tips, and your body will thank you later!

LIMIT SCREEN TIME

Screen time is time that you spend watching TV or DVDs, playing video games or using the computer. The more time you spend doing these sitting-down things, the less time you have to do other activities like riding a bike and playing other sports. Try to limit your screen time as much as you can every day, so that you can be a fit and active kid!

BE ACTIVE

Exercise is important to keep your body healthy and happy! When you exercise, you're building strong muscles and bones so that you will be able to do all the things you want to do. Try to be active and exercise every day to keep your body and mind healthy.

There are many ways to exercise and to be active such as:

- Playing soccer, basketball, tennis and baseball
- Playing tag, Frisbee or kickball
- Karate, kickboxing and dancing
- Doing push-ups and pull-ups
- Swimming, biking and running
- Yoga or stretching

