

Playing Hard

It is fun to play hard. It is fun to jump and run. It is fun to ride bikes. Kids need to play hard every day to be healthy.

Playing hard is good exercise for your body. Exercise helps make your body strong. Your body is made to move around. The muscles in your arms and legs need exercise to get stronger. Your heart is a muscle and needs a good workout to be strong, too. Exercise also helps make your bones stronger. If you feel your heart beating faster when you play hard, you'll know you are getting healthy exercise.

Children need at least 60 minutes of healthy exercise every day. Healthy eating and exercise go together. Both food and exercise are important for good health. Healthy food gives your body energy. You use energy from food to exercise. It takes a lot of energy to play sports and be active. When you are active, you can eat more food.

Sitting is not exercise for your body. Using a computer is not exercise for your body. Playing a video game is not exercise for your body. Moving your fingers does not make your heart beat faster. Your body needs to move a lot to get your heart beating faster.

These are different ways to be active:

- Take the dog for a long walk.
- Jump rope.
- Ride your bike.
- Run in place.
- Play sports.
- Go swimming.
- Shoot baskets.

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Your body needs exercise every day to be healthy. Playing hard is a fun way to exercise. Exercise that gets your heart beating will help you feel better and look better. It can even help you learn and concentrate better in school.

