

Exercise

What's the difference between physical activity and exercise?

Physical Activity is any movement that gets your body moving and your heart pumping!

Exercise is planned physical activity that is meant to improve your fitness.

Why is exercise important?

Exercise Helps You:



**Build Strong
Muscles & Bones**



**Feel Happy &
Less Stressed**



**Sleep Better
At Night**



**Stay at a Healthy
Weight**



**Do Better in
School**



**Grow Into a
Healthy Adult**

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How much exercise do children need?

Children need to be active for at least **1 hour (60 minutes)** every day. This can be broken into smaller pieces of time throughout the day. Here is an example of how to break up the time:



What types of exercise are recommended?

Activities should include both aerobic and strengthening exercises.

Aerobic exercise improves endurance by making the heart beat faster. Having endurance means you can exercise longer, and your heart and muscles get stronger.

Examples:

Basketball, Baseball, Bicycling, Soccer, Swimming, Tennis, Walking, Running, Playing tag, Dancing

Strengthening activities make the muscles and bones stronger. Strong muscles and bones can help prevent injuries.

Examples:

Push-ups, Pull-ups, Climbing, Gymnastics, Sit-ups, Tug-of-war

Get Moving with these Tips!

- Get moving with friends or family.
- Turn on the music and dance.
- Go outside for a walk, run, hike, or to play sports.
- Set limits for screentime to avoid too much sitting.
- Mix it up to avoid boredom with the same activities.
- Have fun!



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