



Children's Services

kids and exercise

Kids exercise all the time without even thinking of it . . . being active, like when you run around outside or play kickball at school is a kind of exercise. When you exercise, you are helping build a strong body that will be able to move around and do all the stuff you need to do.

Exercise Makes Your Heart Happy:

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this muscle get stronger by doing aerobic exercise. Aerobic exercise gets your heart beating faster, and you breathing harder. When you do this on a regular basis, your heart will get even better at doing its job!

Aerobic exercise could be things like:

- Swimming
- Basketball
- Jogging
- Walking
- Skating
- Soccer
- Biking
- Jumping rope
- Hopscotch



Exercise Strengthens Muscles:

Some types of exercise make your muscles stronger. Here are some exercises that can make your muscles stronger and eventually bigger:

- Push ups and Pull ups
- Tug of War
- Running
- Skating

Exercise Keeps the Balance:

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk, and do basic stuff. But if you are active, your body needs an extra measure of calories for energy. If you are not very active, your body will not need as many calories, so you need to eat less.

Whatever your calorie need is, if you eat enough to meet the need, your body weight will stay about the same. If you eat more calories than your body needs, it will be stored as excess. Excess fat can slow us down.

Exercise Makes you Feel and Look Healthy:

It feels good to have a strong, flexible body that can do all the activities you enjoy like swimming and playing with your friends. It is also fun to be good at something like scoring a basket, hitting a home run, or winning a race.

What fun activity do you like to do?

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Source: Kids Health