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Kids Learning › Health & Hygiene › Exercise

What is Exercise

Exercise Keeps Kids Strong and Healthy!

DEFINITION

> Exercise is any physical activity that helps our bodies grow strong and fit. It includes moving our muscles and getting our hearts pumping.

KEY CONCEPTS

Types of Exercise

There are different types of exercise, including aerobic, strength, flexibility, and balance activities.

Benefits of Exercise

Regular exercise helps improve our mood, boosts energy, and keeps our bodies healthy.

How Much Exercise?

Kids should aim for at least 60 minutes of exercise each day to stay healthy.

Fun Activities

Exercise can be fun! Activities like dancing, playing sports, or riding bikes are great ways to move.

Safety First

Always warm up before exercising and cool down afterward to prevent injuries.

EXAMPLES

→ Playing soccer with friends for an hour.

→ Going for a bike ride around the neighborhood.

→ Dancing to your favorite songs at home.

MEMORY TIPS

★ Remember 'MOVE' for exercise: Move, Oxygen, Vitality, Energy.

★ Think of '60 minutes' as one episode of your favorite show!

★ Associate exercise with fun by picturing your favorite activity.

COMMON MISTAKES

✗ Not warming up before starting exercise.

✗ Thinking exercise has to be boring or hard.

✗ Skipping exercise because of bad weather without finding alternatives.

QUICK RECAP

Exercise is important for keeping our bodies strong and healthy. Aim for at least 60 minutes of fun activities each day. Remember to warm up and enjoy moving your body!