Let's Get Physical

Exercise Does A Body Good

Lungs and heart:
They get stronger when you get moving. That helps you feel more energy and means you can play, walk, or jog longer without feeling tired.
So how about an extra lap around the track?

Muscles:
Exercise makes them stronger and stretchier. So, become the family jumproping champ. So dance, dance, dance. Take out the garbage. Master the cartwheel.

Bones:
You make yours stronger when you move. That'll help with everything from how tall you stand to how powerful you are.

Reflexes and coordination:
They help you catch a pop fly on the kickball field or land a perfect kickflip skating. Remember, practice helps!

Staying healthy:
Exercise helps you keep your weight in check. It can mean you're less likely to get diseases like diabetes, high blood pressure, and some kinds of cancer. It can even help you avoid getting a cold or the flu as often.

How Exercise Can Help Your Mind ?

Because a good workout gets your blood flowing, more oxygen gets to your brain and that means you can think better!

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Exercise may:

Help you sleep better! When you exercise, your brain gets the message that you're tired at night.

Keep you from zoning out in class or while doing homework

Improve your scores on tests

Help you get better grades