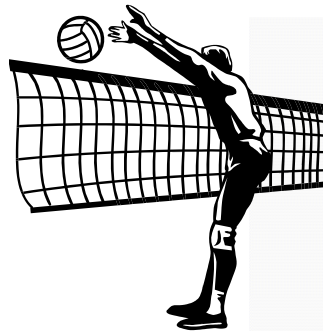
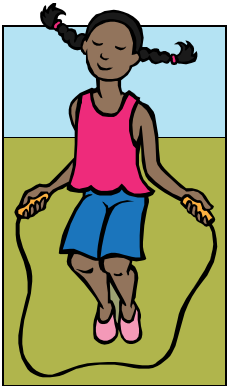


Exercise is fun!

Exercise is moving your body for an extended period of time

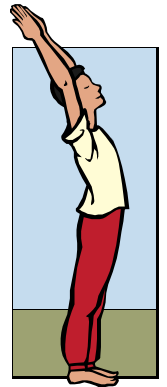
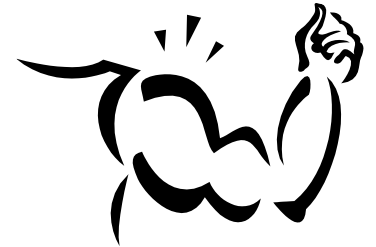
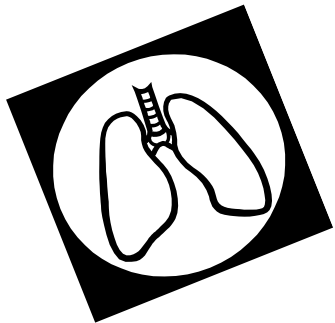
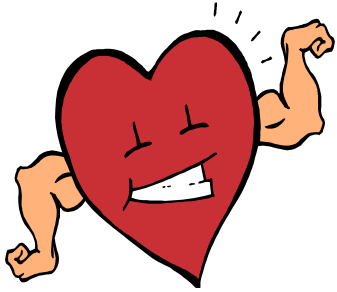
Exercise 60 minutes a day



Revised August 2013

Why do we Exercise?

- Keep our bodies healthy
- Strengthen our hearts, muscles, and lungs
- Feel energized
- Prevent disease.



Cardiovascular Exercise



Exercise that makes
the heart beat faster

Examples

- Running
- Biking
- Soccer

Strength Exercises



- Builds strong muscles
- Helps you stand up tall
- Helps maintain a healthy weight





Flexibility Exercises



Stretch your muscles every day after you warm up

Lengthens our muscles

Prevents injuries

Helps us stay loose