

Being Active Is a Healthy Way to Be!



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What Is Exercise?

Children exercise all the time even without thinking about it!

Being active, running around outside or playing with a ball at school, is a kind of exercise.

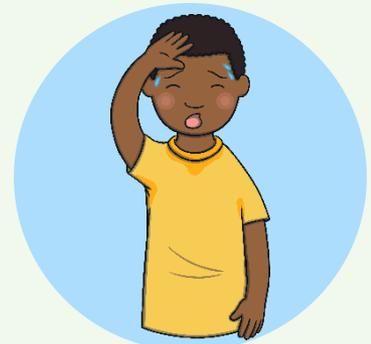


Anything that makes you move is exercise.

When you exercise you might feel a bit warmer or hot. You might get a bit sticky or sweaty.



You might feel out of breath. You might feel a bit tired after exercise.



Why Is Exercise Important?

When you exercise, you are helping to build a strong body that will be able to move around and do all the stuff you need to do.

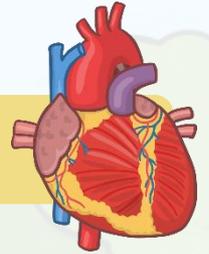
If you do a little bit of exercise or moving every day it helps your body grow and become much stronger.



Exercise Makes Your Heart Happy

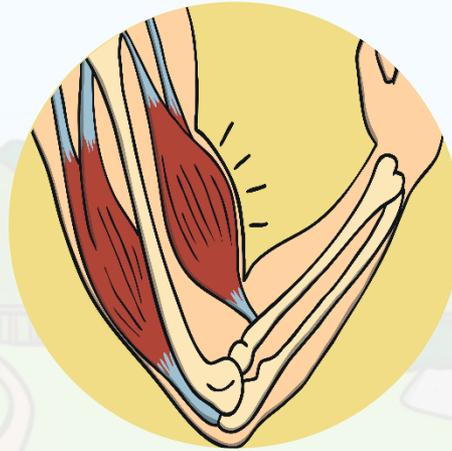


Do you know where your heart is?



- Your heart is a muscle that pumps blood around your body.
- When you exercise your heart pumps even harder and becomes stronger.
- This means that every time you do exercise your heart becomes stronger and can do a better job of pumping blood round your body all day long.

Exercise Strengthens Muscles

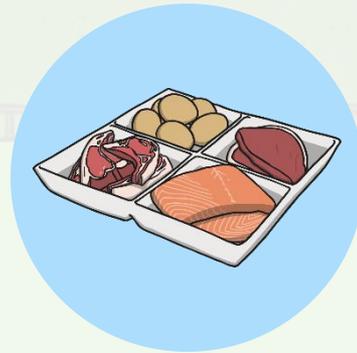


Exercise can also make your muscles stronger.

This makes you much stronger and more powerful.

Energy to Help You Be Active

To do lots of exercise and be very active, you will need lots of energy.



You get energy from food.

It is important to get your energy from healthy food as this will give you more energy.

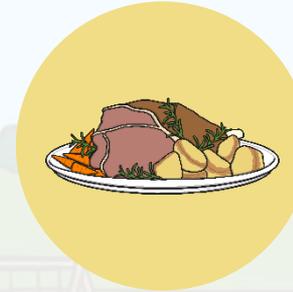
Healthy Food



Vegetables are healthy.



Fruit is healthy.



Meat is healthy.

You also need things like milk and yoghurt to make your bones strong.
You need foods like potatoes and rice to give you energy.



It is important to still have treats but not to have them too often. Treats could be chocolate, crisps or cakes.

Time to Talk

What do you do to exercise?

What healthy food do you like to eat?

Do you exercise every day?





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