

## Get Moving!

By Cindy Grigg

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You're never too young to exercise. This doesn't mean that you must do jumping jacks or weight lifting - but both of those are good exercise. Kids should get one hour a day of active play or exercise. This time can be all at once, or it can be divided into smaller groups of time.

Most of the hour should include **aerobic** exercise. This kind of exercise makes your heart pump harder. It makes you breathe faster. Your heart is a muscle. Making muscles work harder makes them stronger. This kind of exercise builds **endurance**. You'll find that the more you exercise, the easier it gets and the longer you can keep it up. Aerobic exercise is good for your heart! If you can talk while you're doing the exercise, you are probably working at a pace that is right for you. If you're too breathless to talk, you should slow down a little. If you can sing instead of talk, you're not working hard enough. Step up the pace of your exercise a little. Then your heart muscle will get the most benefit from the exercise.

Your daily one hour of exercise should include some activities for **strength** and flexibility. Carrying books or groceries will build muscle strength. So will playing on the monkey bars or doing pushups. Games like tug of war and hopscotch increase muscle and bone strength. Try rock climbing or a wrestling class! Stretching exercises, like doing the splits, improves your **flexibility**. So do everyday activities like bending over to tie your shoes or reaching for something on a high shelf. Gymnastics are great for flexibility. Jumping jacks and touching your toes are, too.

Try to include more physical activity in your daily life. You can walk to school or ride a bike. Take the stairs instead of using the elevator or escalator. Have your parents park as far away from a store or other location as possible so that you walk farther. Getting daily exercise doesn't have to be boring. Doing activities with a friend makes them more fun. Play tag or jump rope. Go skating. Swim. You can dance, skip, or run. Play sports like basketball, soccer, or baseball. You don't have to be on a team to play. Games like Follow the Leader and Simon Says can be great exercise. The leader should include pushups, jumping jacks, or handstands in the routine. Ride a bike. Play tennis or volleyball. Get a group of friends together and get moving!



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## Questions

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- \_\_\_\_\_ 1. How much time each day should kids spend in active play?
- A. one hour
  - B. fifteen minutes
  - C. thirty minutes
  - D. two hours
- \_\_\_\_\_ 2. Which type of exercise is good for your heart?
- A. strength
  - B. aerobic
  - C. flexibility

Name \_\_\_\_\_



Date \_\_\_\_\_

- \_\_\_\_\_ 3. Which type of exercise makes muscles and bones stronger?
- A. strength
  - B. aerobic
  - C. flexibility
- \_\_\_\_\_ 4. If you're too breathless to talk while you're doing an activity, what should you do?
- A. You should slow down a little.
  - B. You should increase your pace.
  - C. You should sing.
  - D. You should stop and never do the activity again.
- \_\_\_\_\_ 5. Most of your exercise time should be spent doing which kind of exercise?
- A. strength
  - B. flexibility
  - C. aerobic
6. Aerobic exercise \_\_\_\_\_.

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**Do you regularly get enough exercise or physical activity? Explain. If not, what can you do to make sure that you do? The story says you should try to include more physical activity in your daily life. Which of the ideas in the story would you like to try?**

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