

# Exercise



Are you excited about recess? What about gym class or practice? Those are all good ways to be physically active.

There are many benefits of getting regular exercise. Some of the benefits include:

- 🚲 Stronger muscles and bones
- 🚲 Less likely to be overweight
- 🚲 Less risk of Type 2 Diabetes
- 🚲 Lower Blood Pressure
- 🚲 Lower Blood Cholesterol Levels
- 🚲 Lower risk of certain types of cancers



Exercise can also help you sleep better and it makes you more fit both physically and emotionally for life's challenges.



Aerobic=taking in air!  
Aerobic activities improve your endurance by making your heart beat faster. Having better endurance means you can exercise longer. Your heart and muscles get stronger and better.

Some examples of aerobic activity include:  
Basketball,  
Baseball, Bicycling,  
Soccer, Ice-skating,  
Swimming, Tennis,  
Walking, Jogging, and  
Running!

Strength training = muscle building.

We need to also do some exercise to build muscle. We can do that by doing pushups and pull-ups.

Children should get at least 60 minutes of moderate intensity exercise daily.

Regular exercise will increase your overall health and help you feel better.



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**Authors**

Beth Kalicki

Heli J. Roy, PhD, RD

**Division of Education**

Phillip Brantley, PhD, Director

**Pennington Biomedical Research Center**

Steven Heymsfield, MD, Executive Director

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Pennington Biomedical Research Center

9400 Perkins Road

Baton Rouge, LA 70808

[www.pbrc.edu](http://www.pbrc.edu)

# Word Search



**SWIMMING**

**BASEBALL**

**EXERCISE**

**ENDURANCE**

**RUNNING**

**AEROBICS**

**BENEFIT**

**STRONG**

**MUSCLE**

**PHYSICAL**

**HEALTHY**

**LOWER**

**SLEEP**

**GYM**

**SLEEP**

**HEART**

**OXYGEN**

**DAILY**