

Care for Your Body the Right Way



Eric

Gemma

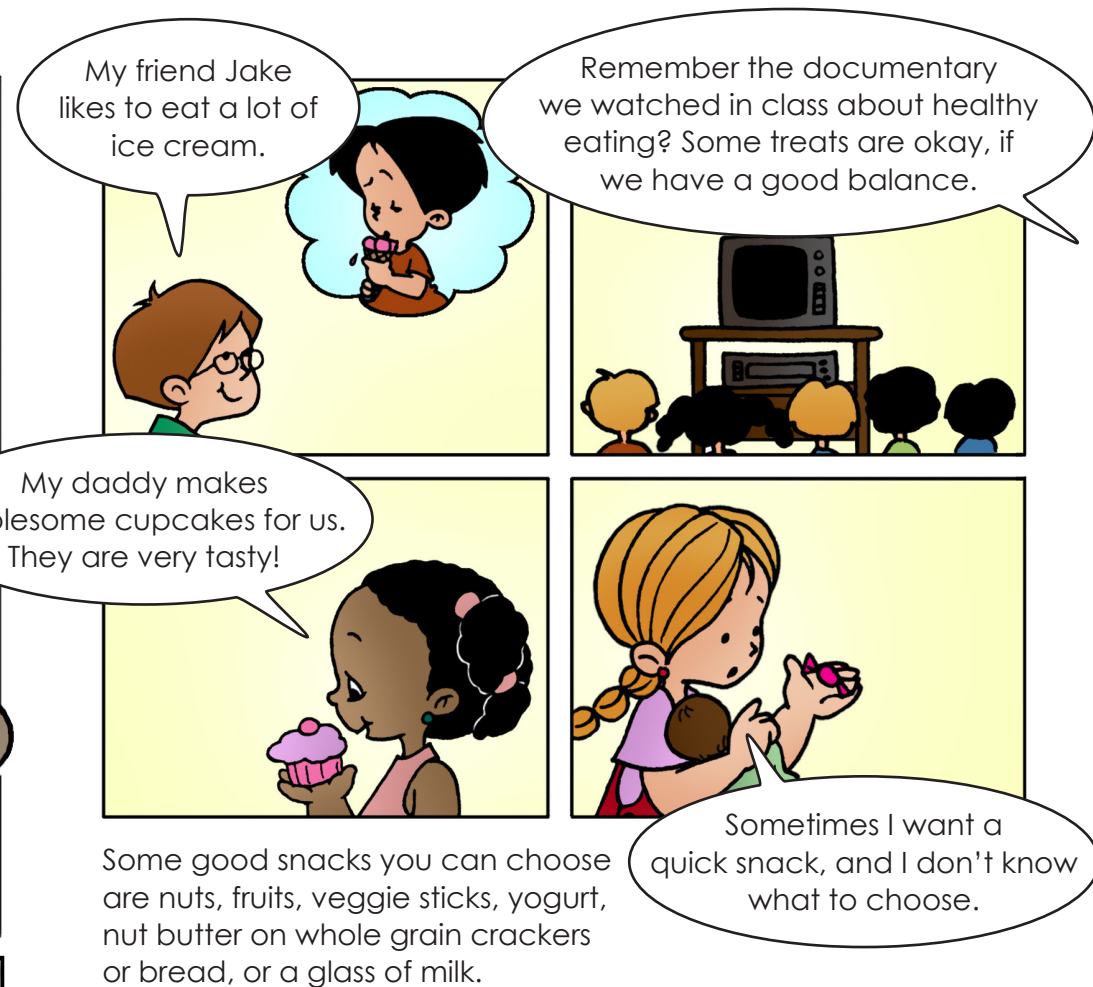
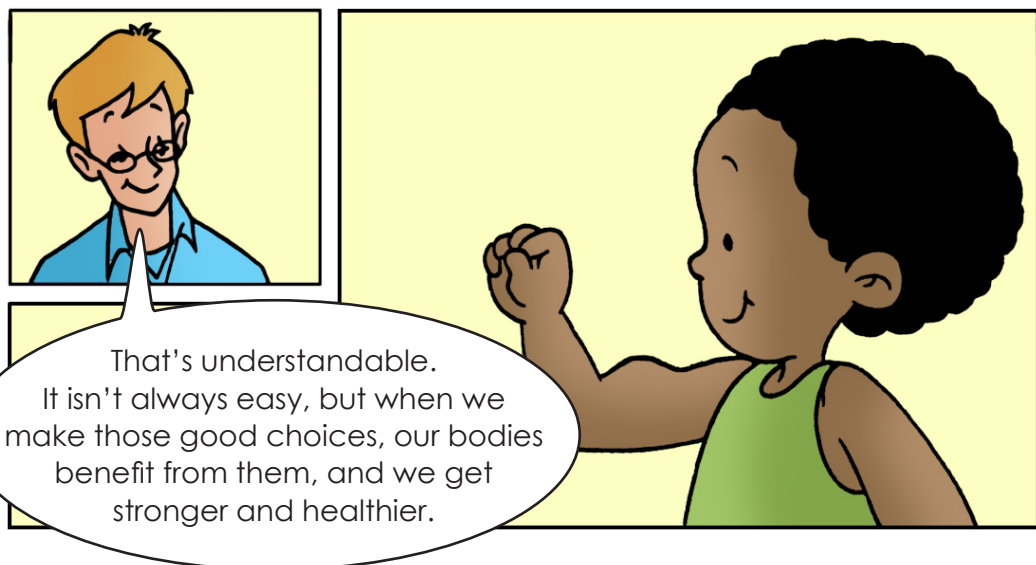
Evan

Alissa

Damien







Exercise is another way to take care of our bodies. Movement or activity helps our muscles and bones to get stronger. Exercise can be a lot of fun, too, and something we can enjoy doing with others.



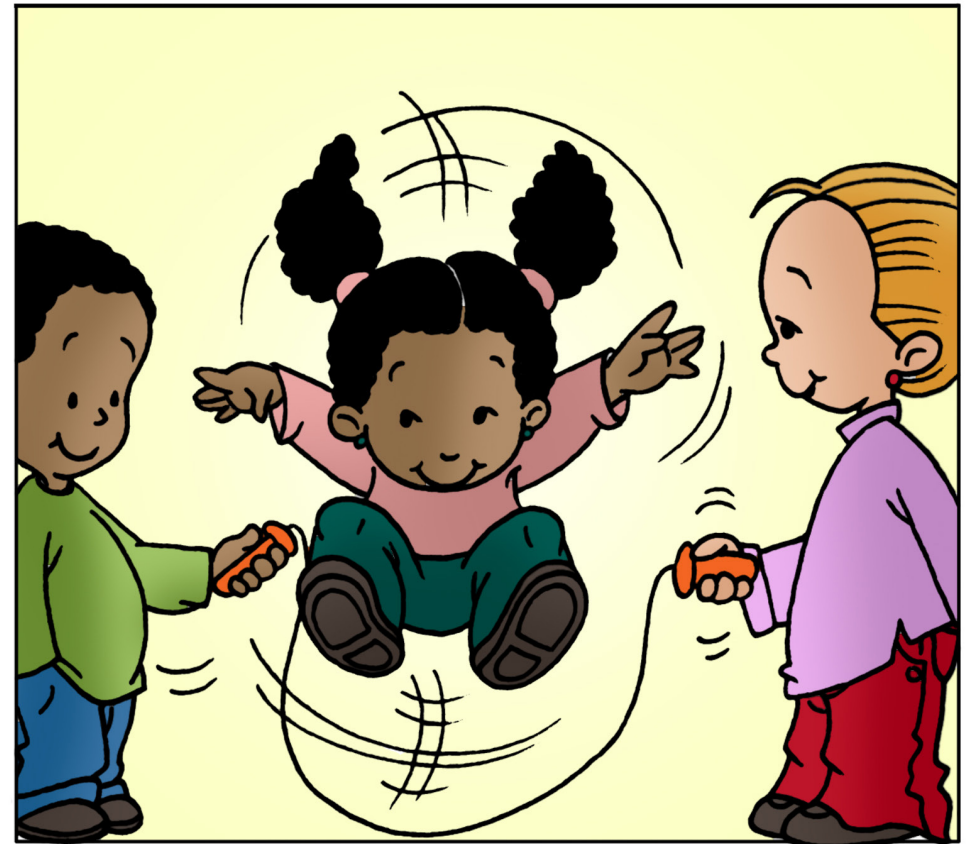
I am learning to swim so I can join a swim team like my older sister. She swims for an hour four times a week!



Not everyone enjoys the same type of exercise, but variety is important, because it uses different muscles in our body, and that is important to proper development and growth.

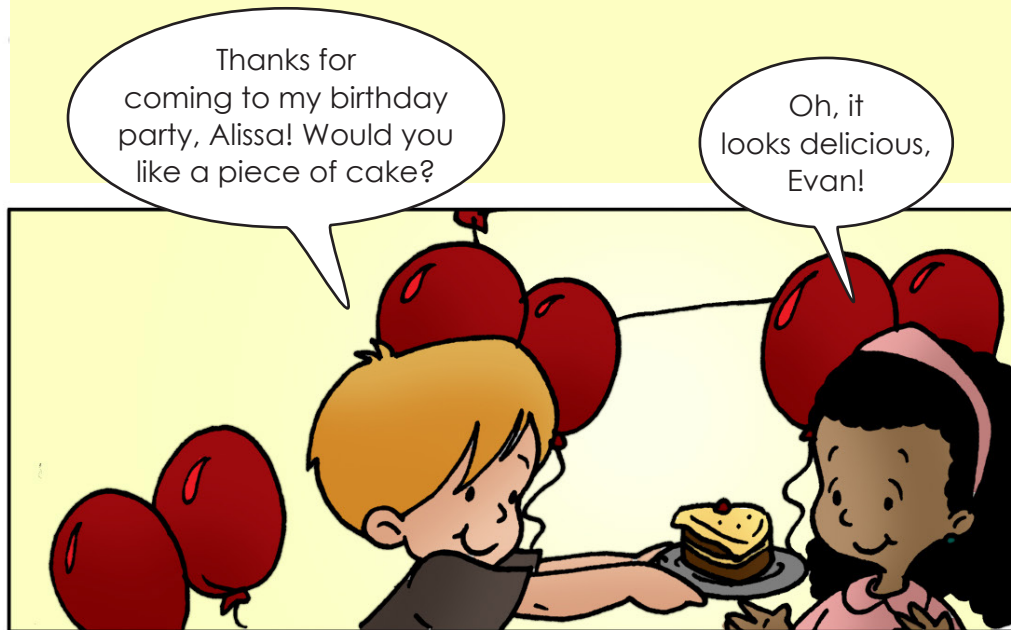
There are many activities that can give us the exercise that we need, such as:

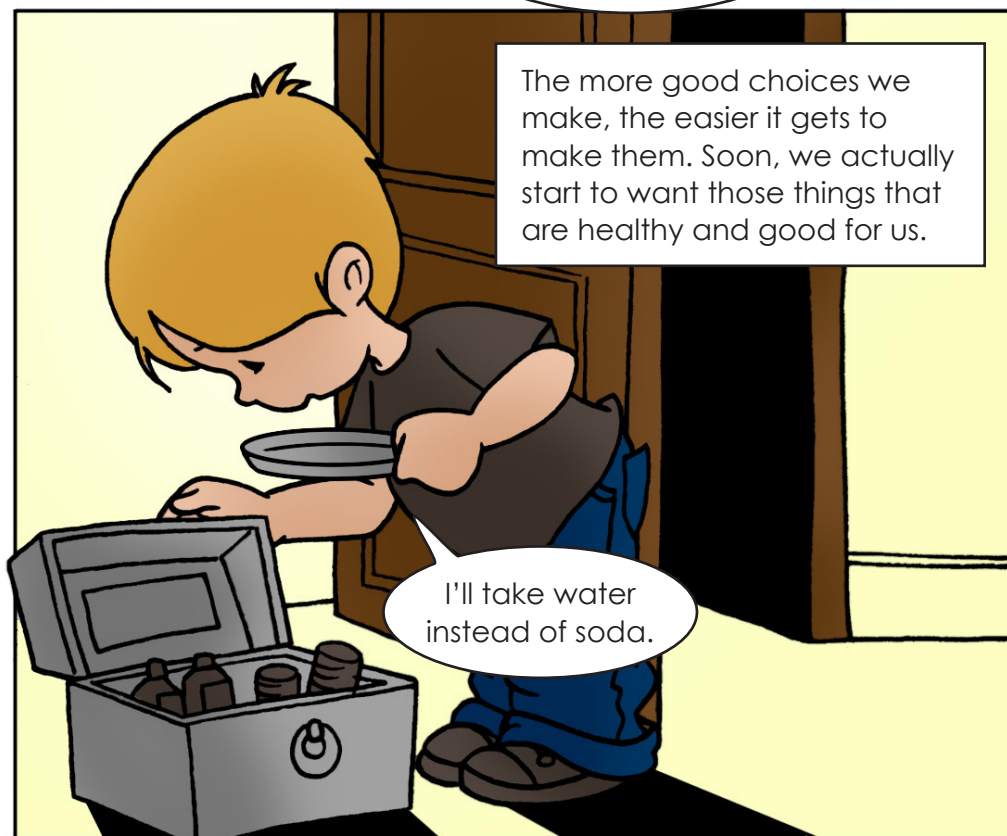
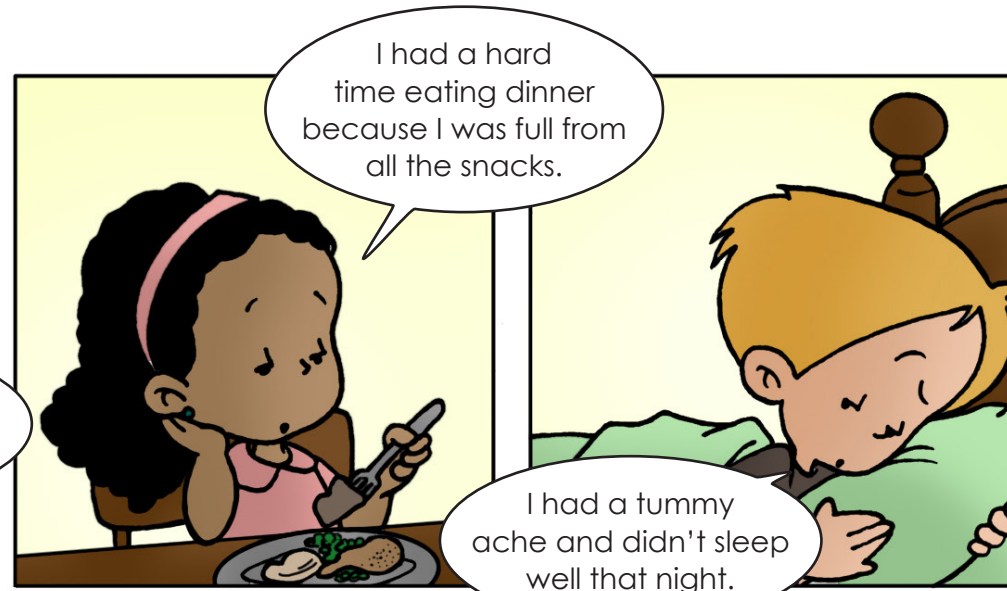
- Sports,
- Playing in the park or playground,
- Riding a bike,
- Spending time outdoors (e.g., hiking and exploring, sled-ding, skiing, snowboarding),
- Swimming,
- Ballet and dancing,
- Aerobics, gymnastics, and exercise routines.



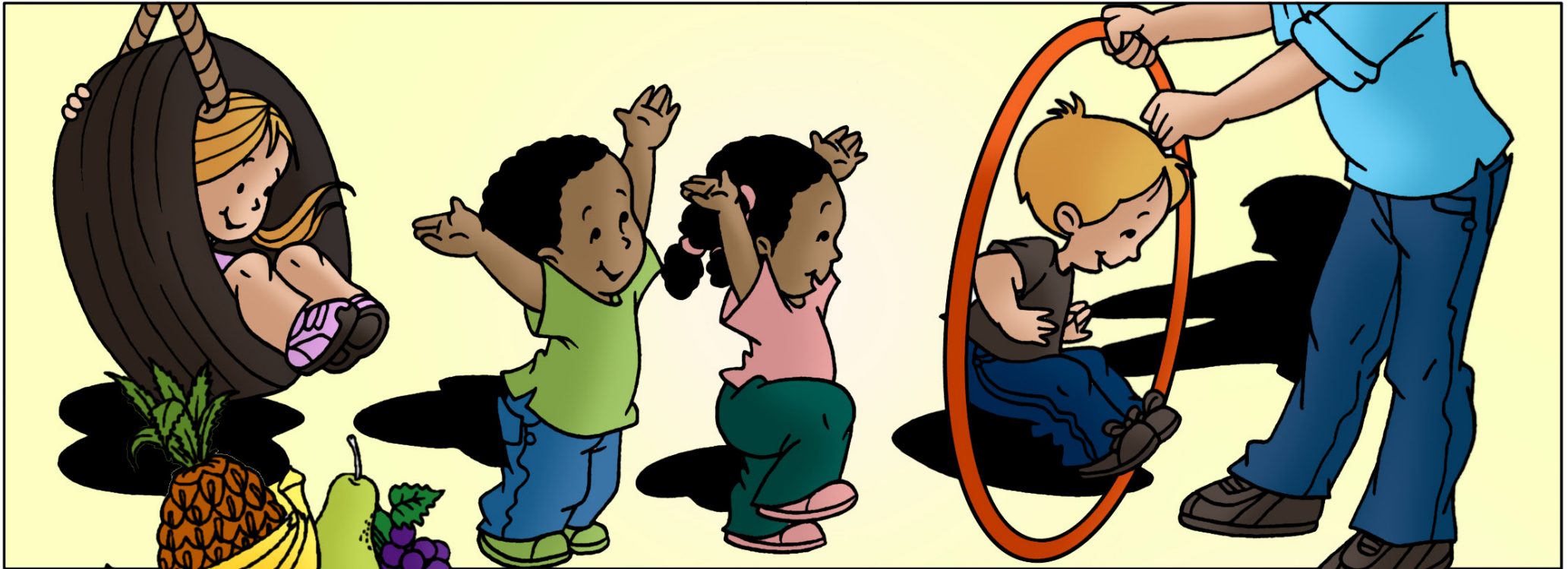


Making the right choices for good health is not always easy. Sometimes we would rather sit at home and not exercise, or we would prefer to eat something that is not going to help our bodies stay healthy or get stronger, and occasionally it is okay to eat something that is not very nutritious. The important thing is to choose more often to do what is right and good for our bodies, because that is what will help keep us healthy.









To grow healthy and strong, we need to make good choices by choosing to care for our bodies in the right way.

When we care for our bodies properly by eating healthy food, exercising every day, getting plenty of sleep, and keeping our bodies cleaned and groomed, not only will we know we are doing what is right for our bodies, but we will feel better too.

