

10 Reasons to Move

Here are 10 reasons to make physical activity a part of kids' everyday lives.

1 *It builds strength.*

Exercise helps kids develop strong bones and muscles.

2 *It develops large-muscle skills.*

Running and jumping use the large muscles of the body and help build coordination.

3 *It's good for the heart.*

Moving quickly gets children's hearts pumping—and all that pumping makes their hearts stronger. A strong heart means a healthier body.

4 *It helps kids learn other things.*

Incorporating movement into learning—like encouraging children to make patterns with their body movements—can allow children to grasp new concepts more easily.

5 *It improves social and emotional skills.*

Exercising with other kids in organized sports and other group activities lets kids develop cooperation, problem-solving, and conflict resolution skills.

6 *It boosts confidence.*

Learning—and getting good at—new kinds of movement helps kids feel good about their abilities and more able to take on other challenges.

7 *It calms the body and reduces stress.*

Exercise like yoga and stretching give children a chance to relax their bodies and focus their minds.

8 *It channels children's natural energy.*

Children have a lot of energy. Exercise allows them to use and release this energy in healthy, fun ways so that they can better focus at other times during the day.

9 *It feels great!*

Exercise can feel good in both our bodies and our minds. In fact, research shows that it improves children's (and adults'!) moods.

10 *It lays the foundation for a healthy and happy life.*

Making exercise an everyday thing at an early age sets kids up for a lifetime of healthy habits.



These are all great reasons for adults to move, too... and healthy habits begin with you!