Get Your Body Moving!

One of the best ways to stay healthy is by exercising. Exercise helps you build a strong body that can move around and do all the activities you like to do. You will be able to run faster, kick the soccer ball farther, and jump rope longer. Along with this, there are many other benefits to exercising:

Exercise helps balance your energy: The more you exercise, the more energy your body needs. This energy comes from the calories we get in food. This means that if you do not exercise, your body won't need as many calories. Exercising will help you maintain a healthy body weight.

Exercise makes you feel good: When you exercise, your brain releases chemicals called endorphins. These may make you feel happier and put you in a good mood! Exercise also helps you concentrate and learn better.

Exercise keeps your heart strong: Your heart is a muscle that works hard to pump blood all over your body day and night. Exercise will make your heart stronger so it will be able to do its job even better.

Exercise gives you strong muscles: Some kinds of exercises give you stronger muscles. When you use your muscles to do powerful things, like push-ups and pull-ups, they get stronger.

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