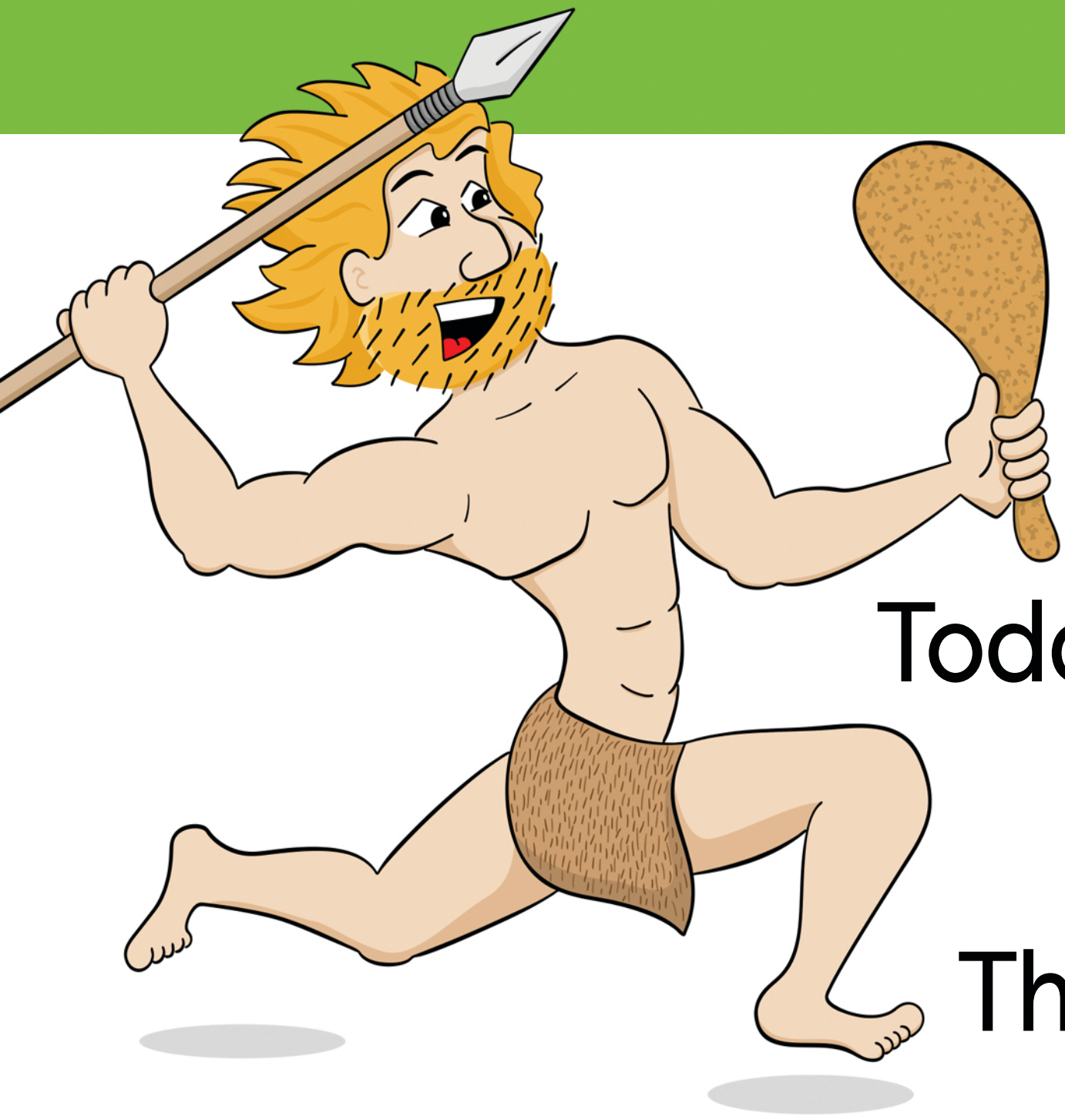


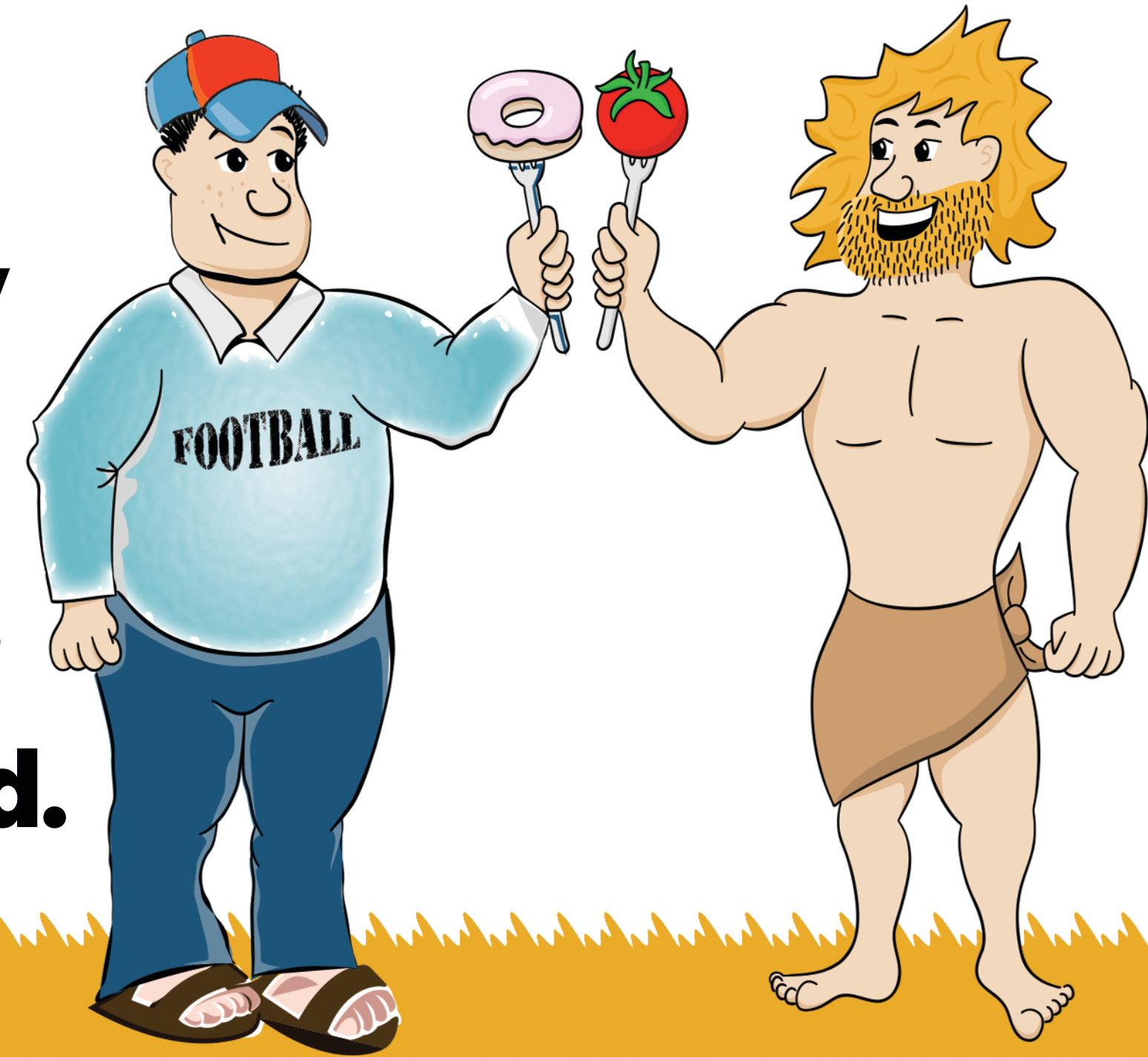
# Our bodies are *made to move!*



In the past, humans **HAD** to move to find **food** and **shelter**.

Today, our lives are pretty easy thanks to **technology**.

That means **we don't always** get the **physical activity** our bodies need.



## It's important to exercise daily

### When you exercise, good things happen to your body.



#### **Exercise:**

Makes your **heart beat faster** and brings fresh **oxygen** to your **muscles** and **brain**

Helps you **learn better** and **feel better**

**Wakes up** tired brains and bodies

Helps you **sleep better** at night

*Did you know that  
10-12 year olds need  
about 10 hours of  
sleep every night?*