

COUNT YOUR STEPS

MOVE YOUR BODY

What is exercise? Exercise is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy.

- ☆ Always have an adult nearby when you are warming up or exercising. Safety comes first!
- ☆ It's important to stretch 5-10 minutes before exercise.
- ☆ Make sure you stop, rest and drink water if you start to feel dizzy, queasy or have any pain.
- ☆ Keep your body cool by drinking lots of water while you exercise.

