

Read the article.

Our Bodies Were Made to Move!

We All Need It

Physical activity is good for all ages. It helps you move better and feel better. It helps you live longer. It also keeps your heart in good shape.

Heart disease sounds like an adult problem. It usually is. Starting good health habits now will help you grow into a healthy adult. Being active is a good habit. It builds your muscles, and it makes you feel good. It also lowers the chance of heart attacks and other problems.

I'm Too Busy!

Everyone is busy today. Adults are busy with work. Kids are busy with school. You can still fit in physical activity. Move around! Don't just sit in front of the TV or computer.

Most people do not get enough physical activity. Kids need 60 minutes every day. They should also limit TV and computer time to one to two hours a day.

How Do I Start?

Getting active is easy. You don't need to go to a gym. Play outside with your friends. Walk the dog. Ride your bike. Rake leaves. Weed the garden. Try different activities and be active with your whole family. It will help make everyone feel good. Most important, have fun!



Write the answers.

1. Physical activity keeps your _____ in good shape.
2. True or False: Starting good health habits now will help you grow into a healthy adult. _____
3. Kids should get how many minutes of physical activity a day? _____
 a. 30 b. 60 c. 100
4. Kids should limit TV and computer time to _____ a day.
5. What are some ideas for getting active? _____

(RI.2.1)
Answer Key

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1. heart
2. True
3. b
4. 1 to 2 hours
5. Answers will vary.