

Read the article.

**Get Moving!**



**We All Need Physical Activity**

Physical activity is good for everyone. Being active helps you move better, feel happier, and live longer. It keeps your mind and body in good shape, especially your heart.

Heart disease sounds like a problem for adults. It usually is. But you can start practicing good health habits now to keep heart disease from happening later. Physical activity is a good habit to get into. It helps you feel good and have more energy. It lowers the risk for health problems like heart attacks, strokes, and high blood pressure.

**I'm Too Busy!**

Everyone is busy today. Adults are busy with work. Kids are busy with school. Many people use being busy as an excuse for not being active. They get into a habit of sitting in front of the TV or computer instead of moving.

About half of Americans don't get enough physical activity. How much is enough? The American Heart Association says kids need 60 minutes every day of moderate-intensity activity. They also say kids should limit time spent on TV, computers, and video games to 1 to 2 hours a day.

**How Do I Start?**

Getting active is easy. You don't need to join a gym. You don't need to buy special equipment. You don't even need to be active all at once. You can divide your 60 minutes into two or more sessions. Just make sure you do this every day.

Here are some ideas: Walk your dog, ride your bike, or shoot some hoops. Get your whole family involved. How about playing soccer or hiking on a nature trail? Even chores can get you moving. For example, weed the garden, rake leaves, or shovel snow. To keep from getting bored, don't do the same activity every day. Most important, have fun!

Write the answers.

1. Name one benefit of physical activity. \_\_\_\_\_  
\_\_\_\_\_
2. True or False: Making a habit of physical activity when you're a child can help prevent heart disease later in life. \_\_\_\_\_
3. Kids should get how many minutes of physical activity per day? \_\_\_\_\_  
a. 30      b. 60      c. 100
4. True or False: You should do all your daily physical activity in one session. \_\_\_\_\_
5. Why is it a good idea not to do the same activity every day? \_\_\_\_\_  
\_\_\_\_\_

(RI.4.1)  
**Answer Key**

**“Get Moving!”**

1. helps you move better, feel happier, and live longer; keeps your mind and body in good shape, especially your heart
2. True
3. b
4. False
5. It keeps you from getting bored.