Our bodies are made to move!
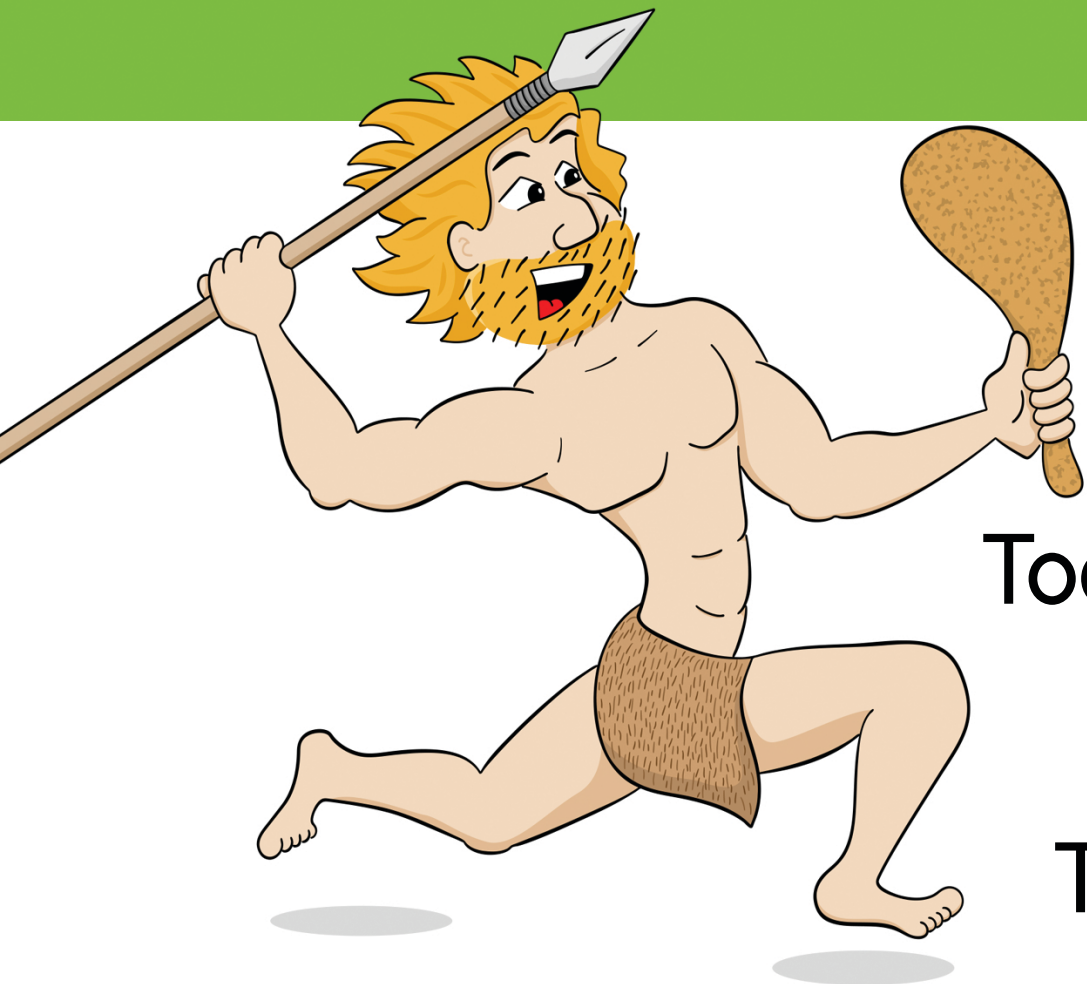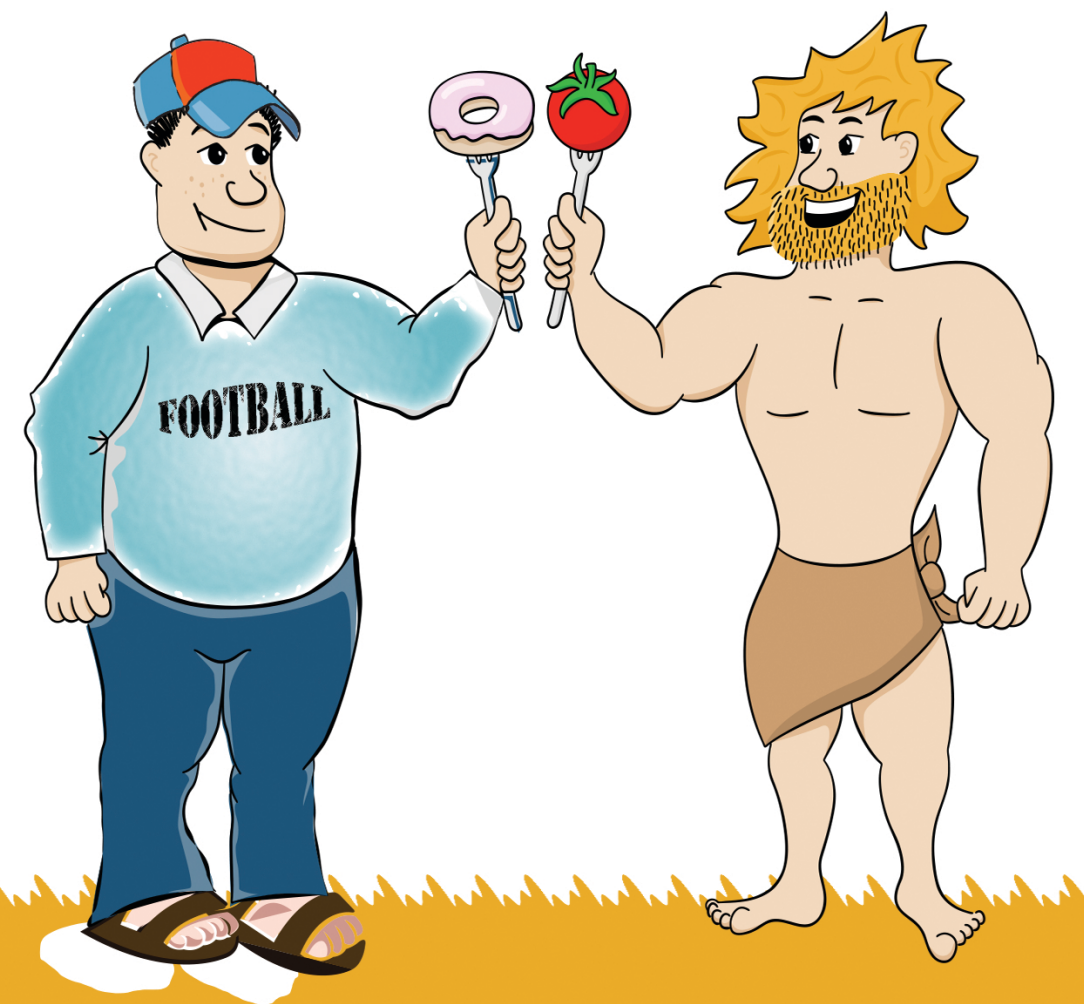
In the past, humans **HAD** to move to find **food** and **shelter**. Today, our lives are pretty easy thanks to **technology**. That means **we don't always get the physical activity our bodies need.**

FOOTBALL

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?