

## **Exercise**

**Do you like to move around? Do you enjoy being active? Do you want to be healthy? Then let's learn more about exercise and being active!**

**Exercise leads to a healthy body. Exercise can also help you to have a healthy mind. The best thing about exercise is that you don't need a lot of special equipment. You can exercise alone or with your friends. The only thing you need to exercise is to want to exercise.**

**If you want to be healthy, keep these two ideas in mind. First, instead of sitting and watching TV, go for a walk or a run. You will feel better and your brain will be more active. You can do this by yourself, or with friends and family. It does not matter as long as you get up and move!**

**Second, if you have the time you can join a team to play a sport, such as basketball or table tennis. You can be active inside or outside. It does not matter. Rain or shine, there is some exercise that you can do! If you join a team, not only will you exercise, but you will make new friends, too!!**

**Now go and be active! You will be healthy and happy if you do!**

**Written by Bill T.**