



## Top 5 Reasons Why Exercise is Cool

Most people know what exercise is, but do you know why exercise is so important? It isn't so you can look all sweaty like people on TV commercials for exercise equipment. And it isn't so you can have huge muscles to bust out of your clothes like a superhero, either.

Exercise is important because it keeps people's bodies—and minds—healthy. Without exercise, we wouldn't feel or look very good. Actually, there are so many reasons why exercise is good for you, it's time to get right into it and see why it's cool to be fit!

### ▶ REASON #1: Exercise Makes You Feel Good

Exercising is a most excellent way to feel happy, whether you do it on your own or with a group. If you've had a tough day at school, a fight with your friend, or just feel kind of blue or stressed out, exercising can help you relax and feel better. Plus, when you're breathing deeply during exercise and bringing more air into your lungs, your brain likes the extra oxygen. And when you're active and running around, sometimes it's hard to think about just what was bothering you.

Exercise can make you feel better about yourself, too. When you are stronger and better at doing things, you can feel pretty proud—whether you scored the winning goal or Hula-Hooped for an hour straight!

### ▶ REASON #2: Exercise Helps Keep Your Weight Healthy

Every time you eat food, your body does the same thing: it "eats" the nutrients in the food as fuel. It burns these nutrients, or calories, to give us energy. You need calories for all the stuff you do, like brushing your teeth and breathing. So it's important for kids to get all the calories they need from the foods they eat.

But if the body isn't able to use all the calories that are coming from food, it stores them away as fat. Exercise helps keep your weight right for your height by burning up extra calories. When you exercise, your body uses that extra fuel to keep you going strong.

### ▶ REASON #3: Exercise Makes Your Heart Happy

Your heart is the hardest-working muscle in your body. Its #1 job is to pump blood through your body every day of your life! Since it can't lift weights to get stronger, it needs you to do aerobic exercise.

Aerobic is a fancy word for needing oxygen, and aerobic exercise is any kind of activity that makes your muscles use oxygen. Aerobic exercise is