

## Kids must exercise!

Being physically active is good for you. Running, dancing, playing soccer, bike riding, playing at a playground and skipping are all great ways to exercise.

Exercise helps you sleep well, learn better, become healthier and even feel happier. The Australian government **recommends** that children between the ages of five and twelve should exercise for at least one hour every day. I strongly believe that children should follow this advice.

Exercise is **vital** because it helps to keep your body healthy. Exercise makes your muscles and bones stronger. This helps your body to work well.



Any sport provides some exercise.

**recommends** suggests something should be done  
**vital** when something is absolutely needed



Running in a soccer game helps make the heart stronger.

When you exercise, your heart works harder. By working harder it becomes stronger. A strong heart pumps blood **efficiently** to all parts of your body. This makes you fitter, which gives you more energy.

Exercise also helps you sleep. This is important because sleep **refreshes** your mind and your body. Without enough sleep you feel tired, grumpy and can have trouble concentrating. When you exercise, your body is tired by the end of the day and you are ready to sleep well that night.



Children should sleep about ten hours every night.

**efficiently** doing things without wasting time or energy  
**refreshes** gives more energy to