

# How will exercise benefit my child?!



- To keep it simple, exercise just makes you feel better, physically and emotionally.
- Exercise burns stored calories (fat) and helps keep your child at a healthy weight.
- Exercise will also tire your child out, which will help promote healthy sleeping schedules. Healthy sleeping schedules will increase your child's alertness and helps children pay more attention in school....it also gives the parents some peace and quiet!!!



Tired of all those doctor visits for a sick child? Exercise also strengthens the immune system, which is responsible for fighting off colds or the flu.



Also, all those bumps and bruises children get will heal faster with a healthy immune system as well.

- Exercise helps build healthy bones, strong muscles, and helps improve the heart and lung function! As your child's body becomes healthier, so does their mind.
- As children grow, they need healthy body structures to support their growth and build a healthy body to grow into.



Want your child to get the full benefits of exercise? Also encourage healthy eating habits with nutritious veggies (the greener the better...spinach, broccoli. Don't forget carrots and tomatoes).



A healthy diet goes hand-in-hand with exercise and will help build a healthy body, mind, and child. Veggies have many nutrients and weapons to help fight off disease and repair the body.