

FITNESS



Fitness means moving our bodies in fun ways to make them strong and healthy!



Fitness helps our bodies feel good. It makes us stronger, helps us sleep better, and keeps our hearts healthy. It also helps us feel happy.



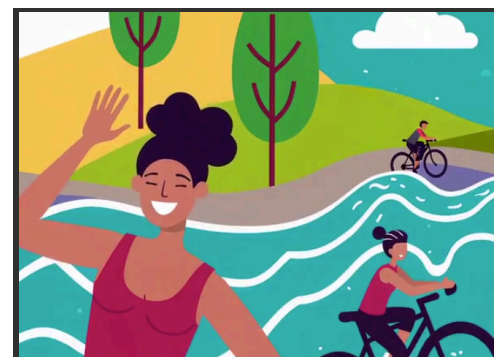
It is important to find activities I enjoy to stay active. I can try different activities, such as swimming, biking, or dancing.



I can make a routine to do my favourite things regularly. I can do them at the same time each day or week. Having a routine helps me remember when it is time to exercise.



It is okay to take a break if I am tired. That means my body needs some rest.



Once my body is rested, I can go back to my activities.