

It's Fun to Be Fit!!

Do you know what it means to be fit? It means you're making choices to be as healthy as you can be – so that you can do all the things you want to do!

There are many things you can do to be more fit, like eating nutritious foods and getting lots of exercise. The first thing to do is to decide you want to be a fit kid. Then you need to make choices that will help you be fit.

You are what you eat, so eat healthy!

Be sure to eat a variety of foods. Fruits and vegetables are especially important because they are packed with many of the nutrients your body needs to be healthy. Try for 5 servings of fruit and vegetables each day.

Get enough calcium!

It's important to build strong bones when you're a kid, because you want your bones to stay strong throughout your whole life. Bones are hard because they have an important mineral called calcium.

Choosing foods that have calcium will strengthen your bones.

Dairy products like milk, cheese, and yogurt are good choices. So are green, leafy vegetables like spinach and broccoli.

Check out the *Bendy Bones* science activity to find out what your bones would be like without calcium!

Drink lots of water!

You can only survive about 10 days without water. That's because your body needs water for almost everything it does – from eating and digestion to making sure you stay at the right temperature.

The water you drink is all your body gets, so be sure to replace it every day. When you've been running around and need something to drink, make water be your first choice. Remember, juices and sodas are full of sugar – something your body doesn't need to run right.

Get moving!

Exercise is a key ingredient for being a fit kid. It helps build strong bones, strengthens your heart, lungs, and muscles, and can help prevent diseases.

There's lots of ways to be active when you're a kid. Sports are one way to get exercise, but not the only way. Play tag or jump rope during recess at school. Bike ride, dance, or take your dog on a long walk.

Be sure to pick exercise activities you enjoy. That way, you'll be sure to keep doing them and you'll have fun being a fit kid!

