

Note: Keep Our body Healthy

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Are you often sick? Do you feel tired after a short running? Are you overweight?

If your answer is 'YES' for one, two or all questions above, it possibly means that your body is not healthy. If you're healthy, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

What's being healthy?

Being healthy is a way of saying a person eats well and gets a lot of physical activity (exercise). As the result, they have healthy weight.

Some steps only parents can take — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge, too, when it comes to health.

Let's talk more about each of the factors of being healthy.

What's your favourite food?



Pizza, cakes, sweets, chocolate and many more sweet and fatty foods possibly become the answers of that question. You may like those kinds of food, but do our bodies really need those food? Are they good for our bodies?

We already learn before about five groups of food and how much of each food group we should consume daily. Do you still remember?

Here are some important things you need to know to eat well.

Eat a Variety of Foods

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Moreover, you need to eat them in the correct amount. You can eat enough

carbohydrate for your energy to do your activities. Fruits and vegetables help to protect your bodies from sickness. And one thing, try to lessen eating food with



much sugar and fat in it. It will give you more calories than you need and can result in overweight.

Drink Water & Milk

When you're really thirsty, cold water is the best thirst-quencher. And kids also need calcium to build strong bones, and milk is a great source of this mineral. Try to limit sugary drinks, like sodas. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

Listen to Your Body

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

What's your favourite activity?

Do you spend more time to ride a bike or to watch TV? To play games on the computer or to play in the park?

Nowadays, kids usually spend their time more by playing games on the computer, tablets and many other gadgets.



Those activities are fun, yet they don't allow your body to move a lot. In other words, your body doesn't do exercises they need. This can result in being not healthy.

When you study, you exercise your brain. And you become smarter. Your brain is not the only part of your body that needs exercise. Your other parts of bodies also need exercises for them to be healthy. And the key of exercising your body is: BE ACTIVE.

Not everyone loves football or badminton. Maybe your passion is swimming, or running, or dancing. Find ways to be active every day. Ask your parents to help you do your favorite activities regularly.

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else

counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

Here are some reasons why you need to do some exercises regularly.

Exercise Makes Your Heart Happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing exercises. When you give your heart this kind of workout regularly, your heart will get even better at its main job.



Some exercises that can make your heart healthier are: swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget also about skipping, jumping rope, and playing hopscotch.

Exercise Strengthens Muscles

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger.

Some other exercises and activities to build strong muscles: push-ups, pull-ups, tug-of-war, rowing, running, inline skating and bike riding

Exercise Makes You Flexible

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that means you can move your arms and legs freely without feeling tightness or pain.



Some activities to do for good flexibility are: tumbling and gymnastics, yoga, dancing, martial arts and simple stretches, such as touching your toes or side stretches

Exercise Keeps the Balance

Food gives your body fuel in the form of calories. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all activities.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat. And you will become overweight.

Exercise Makes You Feel Good

It feels good to have a strong, flexible body that can do all the activities you enjoy. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called **endorphins**, which may make you feel happier. It's just another reason why exercise is important to make us healthy.

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