Physical activity, or exercise, is like a superpower for our bodies. It makes us strong, helps us grow, and keeps us healthy. Just like superheroes have special powers, exercise gives our bodies energy (can help improve our mental (brain) health and help us feel out best.

When we play, run, jump, and move our bodies, it’s like giving them a special workout. Physical activity makes our hearts stronger, just like doing exercises can make our muscles stronger.

**OUR BODIES ARE MEANT TO MOVE**

**KIDS & TEENS**

should get at least 60 minutes of physical activity every day, including play and structured activities.¹

Remember, being physically active is not just about being strong or winning races. It’s about feeling good and having fun too! You can play games with friends, ride bikes, dance, swim, or even take a walk with family. The important thing is to find activities you enjoy and make them a regular part of your day.

Learn more at heart.org/lifes8

²Centers for Disease Control, Benefits of Physical Activity - https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm
⁴Centers for Disease Control, Benefits of Physical Activity - https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm