

Move,

Move,

Move!

Why being active is good for you



by KA Nagle





Do you like to move? Maybe you enjoy riding your bike. Maybe you like swimming. Maybe you like playing at a playground.

What you do to be active doesn't matter. What is important is that you are active.



You must move, move, move!



Moving helps your body to stay fit and healthy.

When you move, your muscles work hard. This makes them stronger.

Your heart is a muscle too. When you move, your heart beats faster. This makes it stronger. Having a strong heart helps you to stay healthy.



Moving makes you feel happy.



When your body moves it sends messages to your brain that moving is a good thing. These positive messages make you feel happy!

The more you move, the happier you feel.



Moving is fun! And being active with your friends is even more fun.



Being active can be a good way to make new friends too. Playing soccer at the park, learning karate, or joining a dance class are all good ways to meet new friends.



Being active helps to keep your body healthy, it makes you feel happy, and it is a great way to have fun with your friends.

So, don't forget to move, move, move!

Being active



keeps you healthy



makes you feel happy



**helps you
to have
fun with
friends.**

It's time to move, move, move!

If you want to find out why being active is a great thing to do then *Move, Move, Move!* is the book for you.

Discover why moving is something you should do every day. Whether it's kicking a ball, walking the dog, paddling a canoe or dancing to your favourite song, being active will benefit you in many ways.

Let's go!

Download this text and teacher resources <https://tinyurl.com/4er2t696>

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