

Staying Healthy



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Words in **bold** are in the glossary.

Love Your Body

Your body does amazing things every day. Arms help you swing a baseball bat. Eyes help you watch movies. Your brain helps you imagine. There are many reasons to love your body and keep it healthy.

Get enough sleep. Exercise. Eat healthy foods. Healthy bodies can fight off **germs** and illness. Healthy bodies are strong.



Getting Enough Sleep

Sleep is important to a healthy body. Sleep will help you feel good during the day. Sleep helps you stay focused in school. You may feel more **social**. Sleep even helps your body heal.





Sometimes people feel grumpy without enough sleep. Kids need 9 to 12 hours of sleep every night. Are you getting enough?

Staying Active

Run. Jump. Leap! Be active for at least one hour every day. Physical activity keeps your body healthy. Physical activity even makes “happy” chemicals in the brain. These chemicals are called **endorphins**.





At school, you can play games with friends during recess. Physical education teachers can also show you fun activities. Maybe you can teach your family the same activity at home.