

# Max's Guide to Being Fit and Healthy!

Move your body, stay strong, and have fun every day!

- Being active helps your heart and lungs stay healthy and strong.
- Physical exercise gives you more energy to learn and play all day.
- Eating a balanced diet with fruit and vegetables helps your muscles recover after exercise.
- Drinking plenty of water keeps you hydrated when you are moving around.
- Aim to be active for at least 60 minutes every day to feel your best!

*Did you know? Did you know? When you run or jump, your heart beats faster to pump oxygen to your muscles! This is like a superpower that helps your body grow stronger every time you play.*

**Key vocabulary:** Heart · Energy · Active · Strength · Stamina · Lungs