

Max's Peak Performance Guide: Staying Healthy and Strong

Move more, eat well, and let your energy shine bright!

- Regular physical activity strengthens the heart muscle and improves cardiovascular endurance, allowing us to be active for longer periods without tiring.
- A balanced diet provides essential nutrients like carbohydrates for energy, proteins for muscle repair, and vitamins to help our bodies fight off illness.
- Hydration is vital during physical exercise; water helps regulate body temperature and ensures our joints remain lubricated for movement.
- Flexibility exercises, such as stretching, help keep our muscles supple and prevent injuries, ensuring we can move safely during sports and play.
- Restorative sleep is just as important as exercise; it is the time when the body repairs tissues and the brain processes everything learned throughout the day.

Did you know? Did you know? When you exercise, your heart acts like a super-powered pump! It sends oxygen-rich blood to your muscles, helping you run faster and think more clearly. Even your brain gets a boost from being active, which is why Max the monkey always goes for a run before solving his trickiest maths puzzles.

Key vocabulary: Cardiovascular · Endurance · Nutrients · Hydration · Flexibility · Metabolism · Restorative