

Max's Guide to a Healthy Heart and Body

Get moving, get fit, and feel great with Max the Monkey!

- Exercise helps to make your heart and muscles much stronger.
- Eating a mix of fruit and vegetables gives you the energy to play and learn.
- Being active for 60 minutes every day keeps your body feeling fit and happy.
- Drinking water helps you stay hydrated after you have been running around.
- Rest is important too! A good night of sleep helps your body grow and repair.

Did you know? Did you know? Your heart is a very strong muscle. When you run or play tag, your heart beats faster to pump oxygen all around your body to help you keep going!

Key vocabulary: Heart · Exercise · Energy · Healthy · Stamina · Pulse