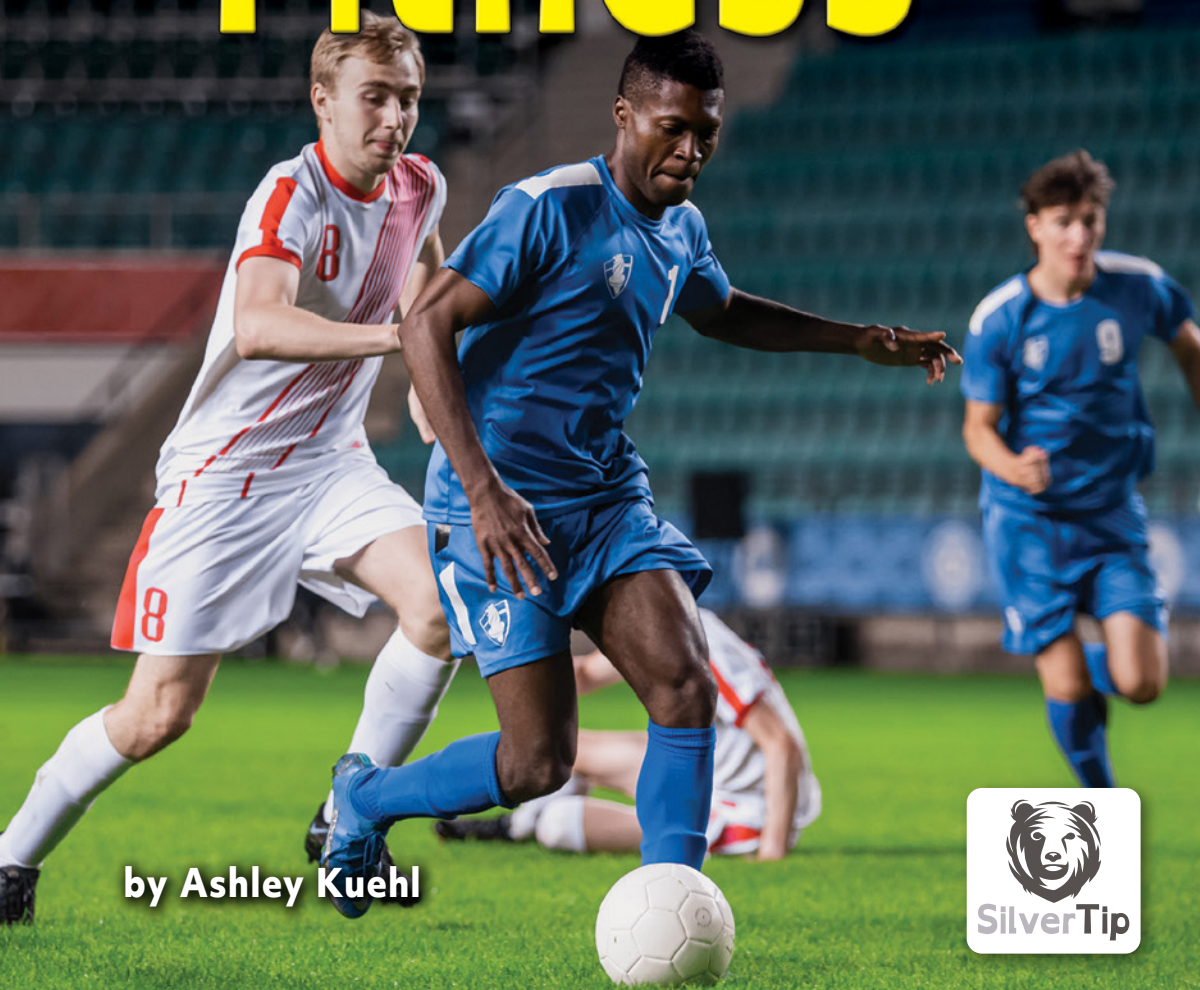


HEALTH Need to Know

Physical Fitness



by Ashley Kuehl



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Move a Little Faster

Exercise affects your whole body. During a jog, you feel your leg muscles working hard. Your breathing speeds up. So does your heartbeat. Your body gets warm, and you start to sweat. Exercise improves the body's physical fitness.

You can exercise in many ways. Playing team sports is a fun way to move. Carrying groceries and walking around the block are exercise, too.



Tip-Top Shape

Physical fitness is the ability of the body to do the everyday things it needs.

People who are physically fit have plenty of energy. They can do their schoolwork and chores. They also have the energy for sports or other hobbies.

A physically fit person is less likely to get sick. They do not feel tired during the day. They also often have lower **stress** levels.

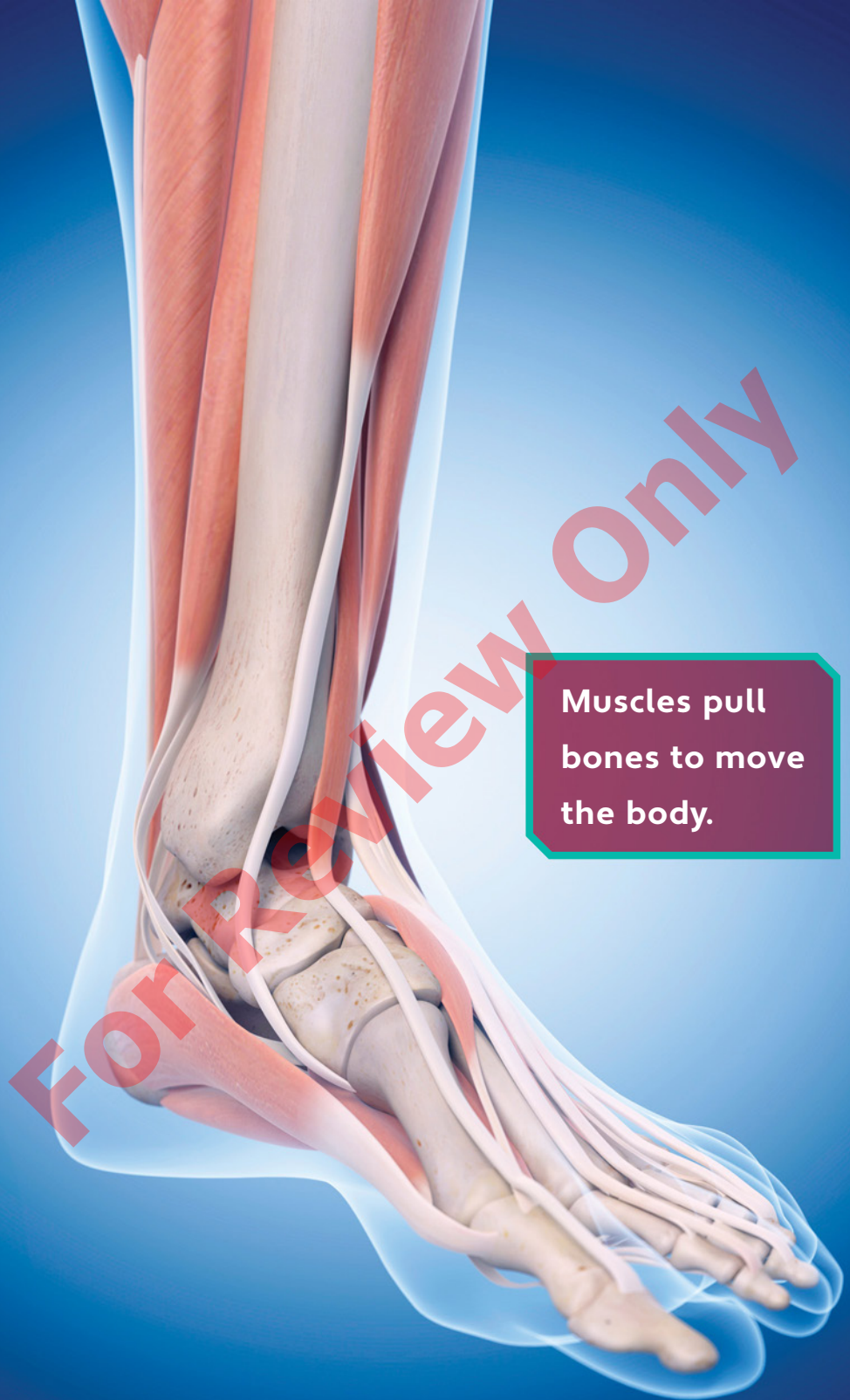


Bigger, Stronger, Faster

Physical fitness has three parts. The first part is strength. Strong muscles can easily move the body. Bones need strength, too. They support the body.

Exercise helps build strength in muscles and bones. Muscles get bigger when you exercise. Exercise also makes bones denser.

Muscles have to break down to build up. With hard exercise, muscles tear. Soon, they rebuild. This makes muscles bigger and stronger than before.



**Muscles pull
bones to move
the body.**

How Exercise Helps the Body

