

Be Active Every Day

People need to be active every day. You are active when you do things that make your body move.

Ways to Be Active

There are lots of ways to be **active**. Some people like to play sports. Some people like to play tag or skip with a **skipping rope**. Going for a walk is another way to be active. Everyone can find fun ways to be active. You help your body when you are active.

Helping Your Heart

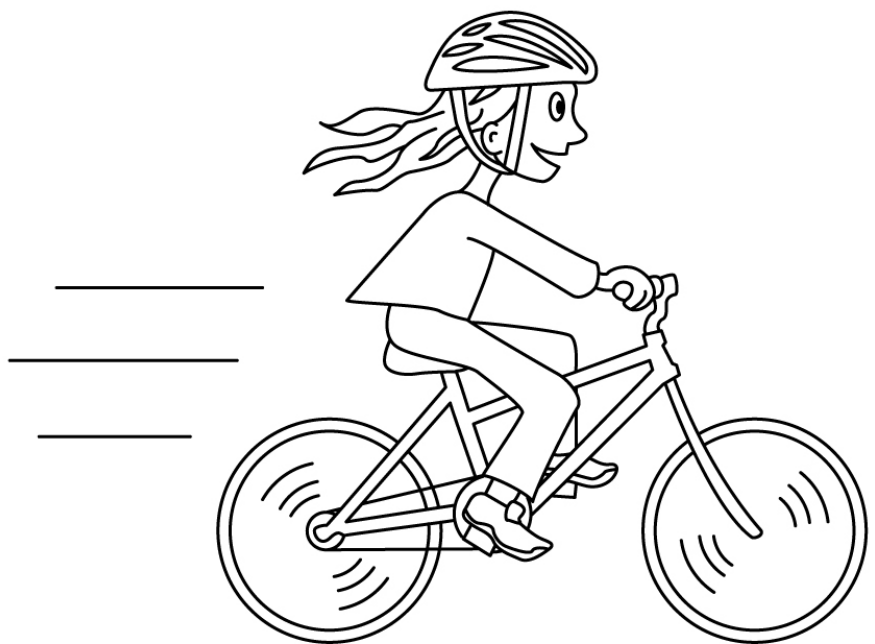
Your heart pushes blood all through your body. You make your heart work hard when you are active. Your heart gets stronger when you are active every day.

Helping Your Lungs

Your body needs air. You breathe air into your lungs. Your lungs work hard when you are active. You breathe faster when you move quickly. Your lungs work better when you are active every day.

Helping Your Bones

Bones need to be strong. It is easy to break bones that are weak. You help keep your bones strong when you are active every day. You should do something active every day for your whole life. Then your bones will stay strong even when you get old.



There are lots of ways to be active and healthy every day.



“Be Active Every Day”—Think About It

1. What is your body doing when you are active?

2. Why does the text have a picture of a girl riding a bike?

3. The title and the four subheadings in this text are in bold print. What are two ways you can tell the difference between a title and a subheading? (Hint: Think about how they look and where they are.)

4. How does your heart change when you are active every day?

5. How do you know your lungs are working hard when you move quickly?

6. How can you make sure your bones will still be strong when you are old?
