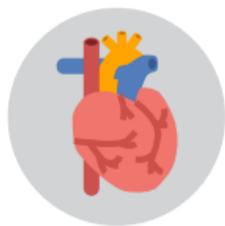
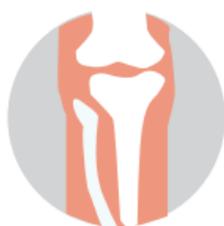


How exercise can benefit children

Only 27.1 percent of high school students participate in at least 60 minutes of physical activity each day of the week, which is the amount recommended by Centers for Disease Control and Prevention. Youth can get many benefits from exercise.



Reduce the risk of heart disease



Build strong bones and muscles



Control weight