



GET ACTIVE!

Your body is amazing. Your heart starts beating before you're born, and will beat around 3 billion times in an average lifetime. Your nose can detect over a trillion different scents, and your tongue has up to 10,000 taste buds. Keep your body working well by making sure you eat healthy food and getting lots of exercise.

Here are 5 more great reasons to exercise:

1. If you exercise regularly, it will help keep your body strong and healthy.
2. Exercising releases chemicals called endorphins, that make you feel happy.
3. Anything that gets your heart beating faster counts as exercise, so running about in the playground, dancing, jumping, riding a bike or skating all help.
4. If you're feeling stressed or upset, getting outside to do some exercise can help you feel better.
5. Getting plenty of exercise will help you to sleep better at night.

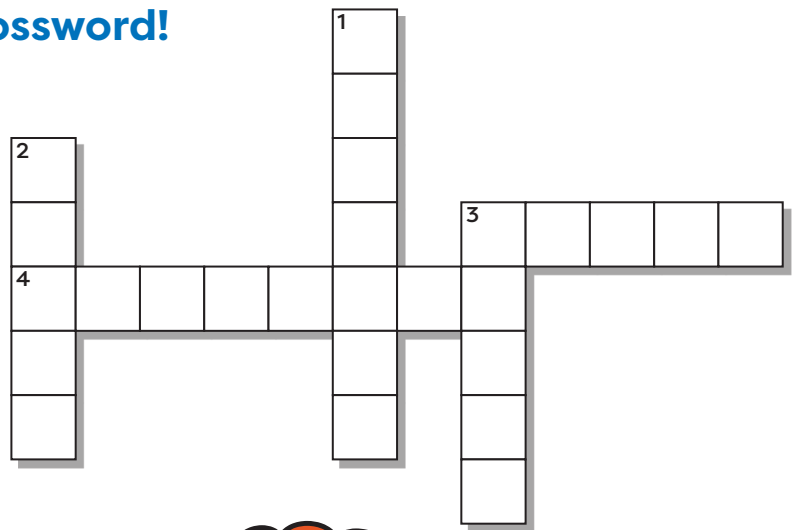
Try our Active Bodies crossword!

ACROSS

3. Endorphins make you feel this (5)
4. Eat healthily and do this to look after your body (8)

DOWN

1. A great way to exercise (7)
2. Exercise will help you do this better (5)
3. This beating body part loves exercise (5)



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