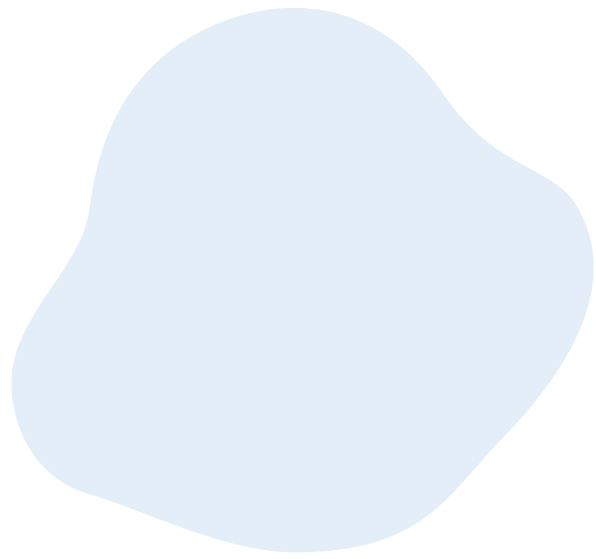
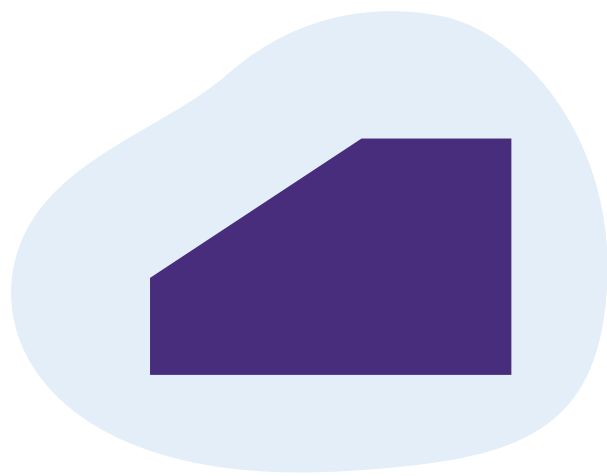


It's All About Exercise



Putti gi Time

According to the CDC, teens need at least 60 minutes of physical activity every day. Experts also say you need some vigorous activity, like jogging or swimming, at least three days a week.



The Benefits

Exercise not only improves your physical fitness but also your mental and social health: helping you sleep better, concentrate more at school, make friends, improve self-confidence, and relieve stress.

Strength

This is your muscles' ability to use force. You can build strength by lifting weights or

