

SING, DANCE, PLAY!

There are many ways of being healthy, but are they any fun? Well, they can be. You already know three of the most helpful: Sing, Dance, and Play!

Have you ever had a sing-along with your friends? It can be so much fun to laugh and sing a happy tune. It makes you feel good all over. Did you know that it is healthy for you to laugh or sing? When you laugh or sing you breathe in "good" air called oxygen. You breathe out the "bad" air called "carbon dioxide." Your lungs may become stronger and your breathing may be easier. Laughing also helps release "feel good" substances in your body called endorphins. When you feel good, other people feel good about being around you. Think of singing and laughing as "musical breathing."

To dance is a way to keep your body healthy. Dancing helps keep your body more flexible and strong. You are able to bend and move without hurting yourself so easily. Some people sit in a chair and move their arms to the music. It does not matter how you dance when you are having fun. Besides, you may just amaze your friends!

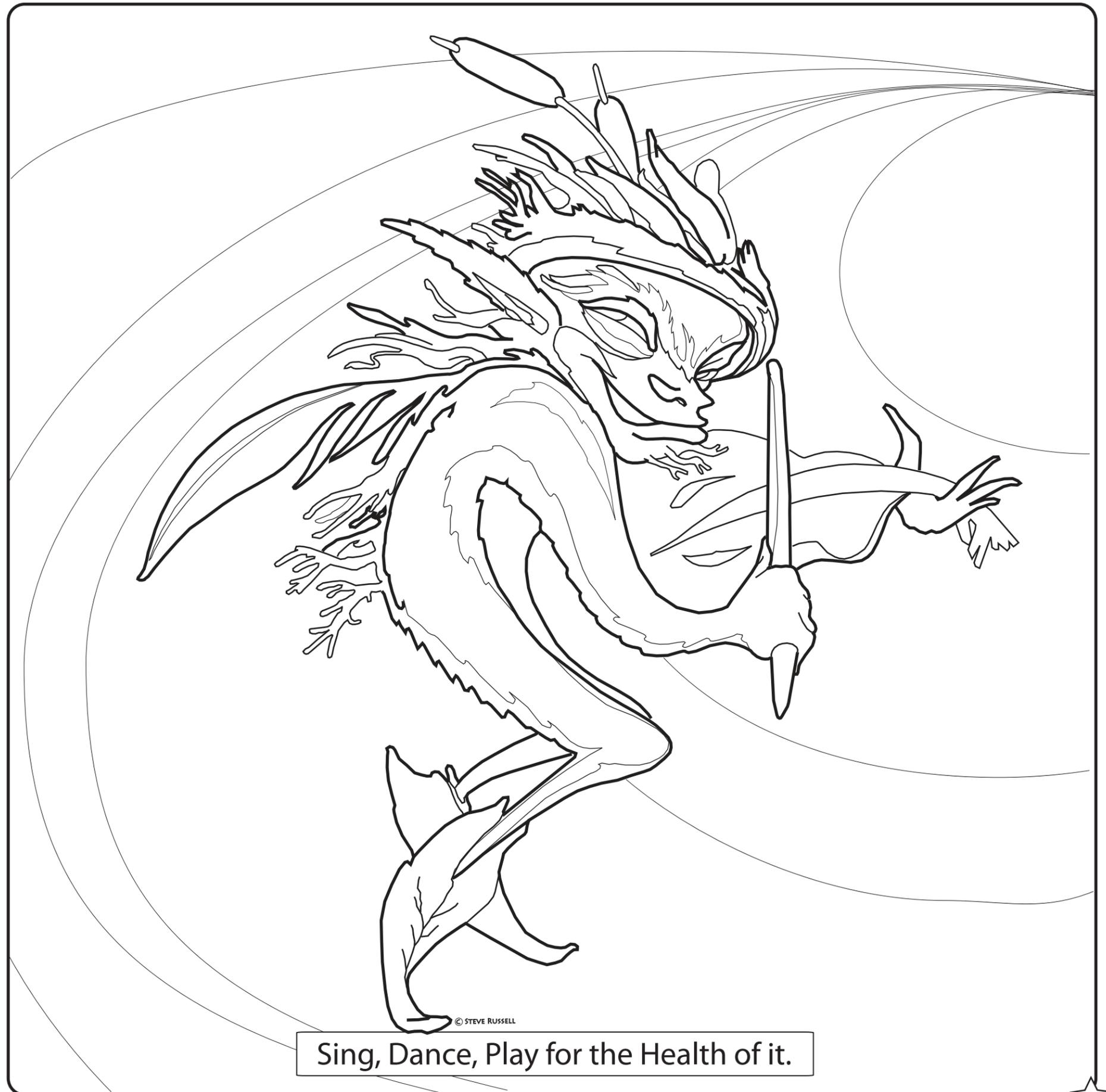
Playing is another way to be healthy. Play a running game or play ball with your friends. You might really enjoy this. Playing helps make your muscles stronger. It can also help you relax. Your body can fight off germs better when it is strong. Playing helps keep your heart beating strongly.

There are many ways to be healthy. Singing, dancing, and playing are good for you and fun.

Now, Shout this out loud. Say the words like you mean it...
SING, DANCE, PLAY FOR THE HEALTH OF IT!

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Illustration by: Steve Russell for "The Majique Hollow" by the Sea.



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