



Do young children really need exercise?

Kids need exercise for the same reasons adults do! Physical activity helps to keep bones and joints healthy, boosts the immune system and strengthens the heart. Young children also need exercise to develop their motor skills. Exercise also improves sleeping habits. And don't forget exercise can be fun. Active games like jump rope and tag can be considered exercise. If you need ideas on how to help your kids get in 60 minutes of exercise, check out [NFL PLAY 60](#).