Kids Should Exercise

By D.R.

Did you know that only a third of kids have physical activity every day? Well, according to livestrong.com “The president's council on fitness, Sports and Nutrition says that only a third of children participate in physical activities a day.” In my opinion all kids should exercise. First exercise promotes better sleep, Second exercise is good for physical health, and finally exercise is mentally healthy. To cap it off all kids should get active.

To start exercise promotes better sleep. For instance after a day of running around I’m so sleepy I sleep through my alarm! To add on according to Ace.com, “Exercise improves sleep quantity.” Equally important according to sleep.org, “ As little as ten minutes of exercise can dramatically improve sleep quantity.” In the end exercise will help kids be well rested for the next day.

Furthermore exercise is good for physical health. After a long run I’m sweating and burning calories. To start according to Ace.com, “Exercise helps build and maintain a healthy body weight.” Also according to Ace.com, “Regular activity helps build and maintain healthy joints, and bones.” All things considered exercise will help you physically.

My final reason is exercise will help you mentally. For instance a long game even if I lose I’m still happy. According to Ace.com, “Children who are physically active report fewer symptoms of depression and have a better overall mood.” To add on according to Ace.com, “Kids who exercise have better self esteem and images.” In summary exercise will help with mental health.

Moreover some people may argue that it may be hard to find time to exercise. But, for instance I have a busy scheduel and I can manage to exercise. Also according to the Centers For Disease Control and Prevention, “Children need 60 minutes of physical exercise a day.” Sixty minutes is not a huge chunk of time most kids spend that much time playing video games instead of outside. In the end exercise is not that hard.

In conclusion exercise will help kids in many ways. To start it promotes better sleep. Next it’s physically healthy. Finishing off it is mentally healthy. Exercise is a need of all children. All kids should get active and get healthy!