

Leap Into Fall!

[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Today, we're talking about physical activity.

[Caydan] Like playing soccer and baseball?

[Chris] Yep, and lots of other things, Caydan.

[Kaya] Getting enough exercise every day is really important to stay healthy.

[Karmen] If we don't get enough regular physical activity, we can develop diseases that can be *really* bad, like obesity, heart disease, and stroke.

[Chris] Getting enough exercise every day can help us concentrate, do better on tests, and get better grades.

[Caydan] I don't really like to exercise, Karmen.

[Karmen] We need an hour of physical activity every day and it doesn't have to be boring.

[Kaya] We can walk, run, skate, ride bikes, dance, play on a playground, do gymnastics, or play pretty much any sport—baseball, football, soccer—there are tons of fun things we can do to get an hour of “exercise” every day!

[Caydan] Who's up for a game of tag?!?!

[All] OK! I am! Not it!

[Chris] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.