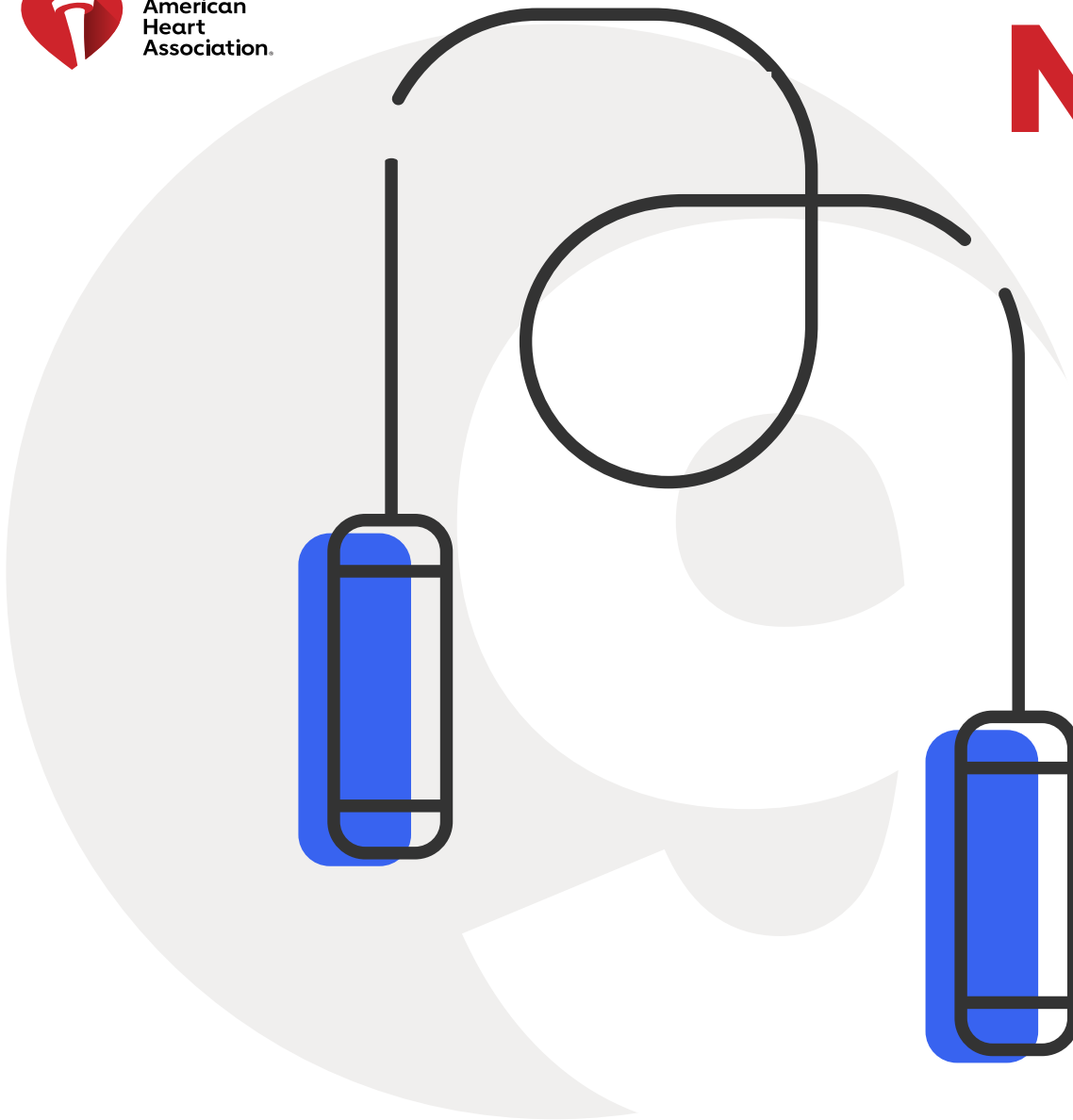




American  
Heart  
Association.

HEART FACTS

**No. 9**



Physical activity doesn't just build strong muscles—it strengthens your bones and can reduce symptoms of depression. Talk about a one-two punch!



# No. 9

## Directions:

Lead students to discuss other benefits of physical activity, such as reducing stress, living longer, and building relationships with others (team sports). Make a class list titled "Why Get Active?" and keep it posted near your classroom door. As students leave each day, have them pick out one benefit and work to keep it in mind after the school day.