To stay healthy, be physically active for at least 60 minutes a day. Here are some good tips to remember along the way:

1. **Warm up before you start!** If you’re going to be running, start with walking. Walking fast, then jogging will get your blood pumping.

2. **Stretch at the end of your activity.** This helps keep your muscles flexible so you do not get hurt.

3. **Water is your friend.** Remember that the more physically active you are, the more water your body needs.

4. **Mix it up and keep it fun!** Try a lot of different activities to keep from getting bored.

5. **Break it up.** You don’t have to play all 60 minutes at the same time. Play for 15 minutes in the morning, 15 minutes at lunch and 30 minutes after school.

**TOP 5 WAYS PLAY CAN CHANGE YOUR DAY**

It doesn’t matter how you move, as long as you’re physically active. Moving until you breathe hard or sweat is good for your body! Here are five changes you could notice right away:

1. **Sleep tight:** Getting active every day can help you sleep better at night.

2. **Remake your mood:** Physical activity can make you feel happier and give you an extra energy boost during the day.

3. **Build your brain:** Twenty minutes of physical activity before starting your homework can help you unwind and improve your concentration.

4. **Bond with buddies:** Playing with your friends is a great way to spend time together or make new friends.

5. **Stretch your talent:** Make stretching part of your pre- and post-play routine. It can help improve your sense of balance — and that can enhance coordination and athletic performance.