

GET STRONGER!

Your muscles get *stronger* when you exercise.

WHAT'S THE SECRET?

Kids don't need to lift weights. Lots of common activities and exercises – swinging on the monkey bars, doing push-ups and pull-ups – will build muscle strength.

ALL-STAR TIP

Exercise all three muscle groups: your arms, legs, and core (that's your chest, belly, and back).

STRONG FACT

Some of the *strongest* NBA players can bench press 300 pounds not just once, but many times!



For more fitness tips from the pros, visit
nba.com/nbafit

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