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!