CHISTROITE H

Your muscles get stronger when you exercise.

WHATS 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

All health information provided by KidsHealth.

