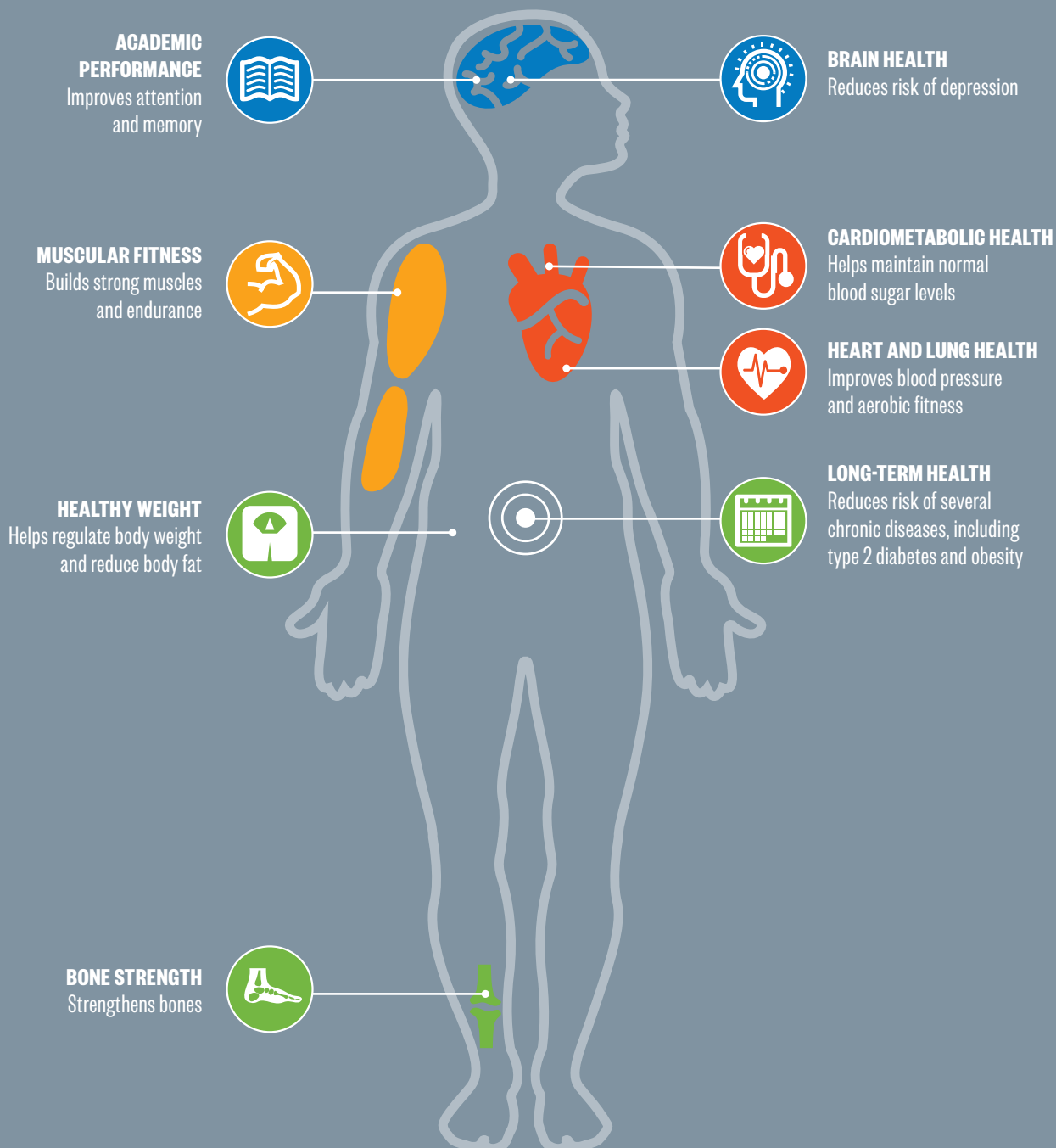


BENEFITS OF PHYSICAL ACTIVITY FOR CHILDREN



Source: Physical Activity Guidelines for Americans, 2nd edition

To learn more, visit: https://www.cdc.gov/physicalactivity/basics/children/pdfs/Health_Benefits_o_PA_Children_Oct2021_H.pdf