**Building Strength:**

Going to the Gym





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Why Move?:

A Social Script About Our Bodies

By Rachel Steinberg

Everyone has their own body. No two bodies are the same. All bodies look different and all bodies work differently. We may have arms, legs, heads, mouths, faces, and fingers. Can you think of any other parts of your body?



All these different parts come together and make *us*.

Our body is our home.



When we keep our room clean, we can use it better and have a space that makes us feel good. We can do the same thing with our bodies. When we nourish our bodies by keeping them healthy, we can use them better and make them feel good.

 

One way to keep our body healthy is to **exercise**. **Exercise** means moving our bodies. When we **exercise**, many great things may happen:

We may have more energy.



We may sleep better at night.



We may have happier moods.



We may be able to climb stairs or get around town more easily.

 

We may feel strong and empowered.

 

**Exercise** is a way to celebrate and honor our bodies for everything they do for us. We are great just the way we are, *and* we can always work to be better than our best. Let’s challenge our best by exercising our bodies.

*Go team!*

 