

Food Is CAtegorical™



# Run and Hike, Play and Bike



What Is  
Physical  
Activity?

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by Brian P. Cleary illustrated by Martin Goneau



## What is Physical Activity?

Moving your body in a way that uses energy—*playing soccer, dancing, throwing a Frisbee*, and much more. Brian P. Cleary's goofy verse and Martin Goneau's humorous illustrations give young readers a whole playground of activities and highlight some of the health benefits of exercise. Examples of physical activity are printed in color for easy identification. Enjoy this energy booster of a book!

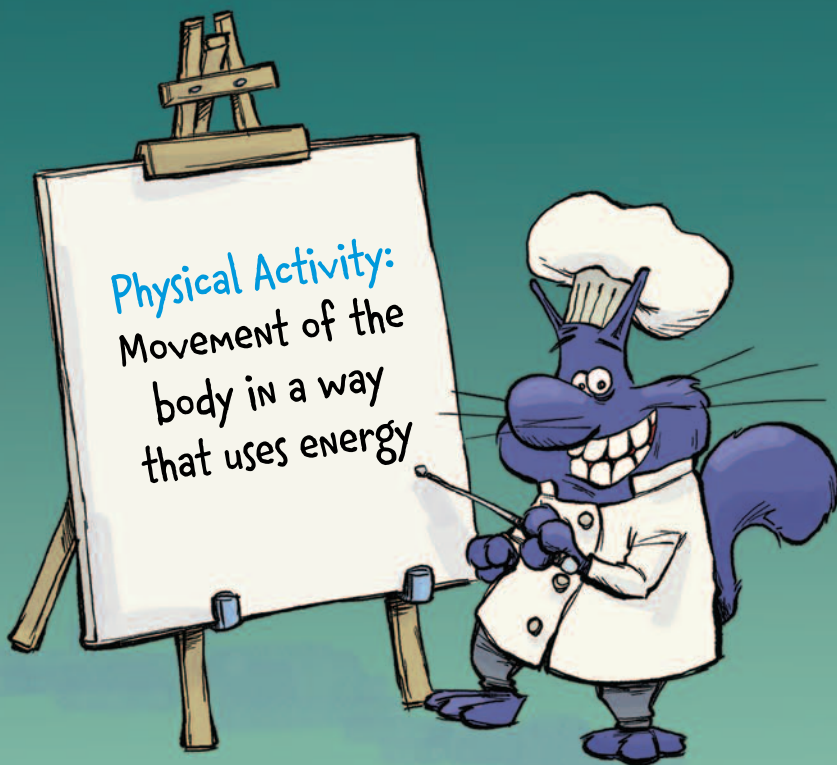


Run and Hike,  
Play and Bike



to Mrs. Tama, my sixth-grade and eighth-grade teacher in Rocky River, Ohio  
-B.P.C.

to Ms. Stipanovic, keep moving!  
-M.G.





# Run and Hike, Play and Bike

What Is Physical Activity?

by Brian P. Cleary

illustrations by Martin Goneau

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**M** Millbrook Press • Minneapolis

Physical activity  
occurs when you're in motion,



whether you are **jumping rope**



or **swimming** in the ocean.



Your body's using energy



with each and every movement,



and all of this activity  
can lead to health improvement.



Most kids just don't exercise  
enough, as doctors note





(except their thumbs and fingers on their keyboard or remote).

TVs and computers?  
There's nothing wrong with either.



But when it comes to exercise,



you'll find that it's in neither.

Experts say that kids should try  
to spend about an hour





every day in exercise  
to help build muscle power.

Moving keeps you flexible.  
It plays a crucial part







*in strengthening your bones and lungs  
and pumping up your heart.*

Do you enjoy activities  
like shooting hoops  
or hiking?



Skating?



Golfing?

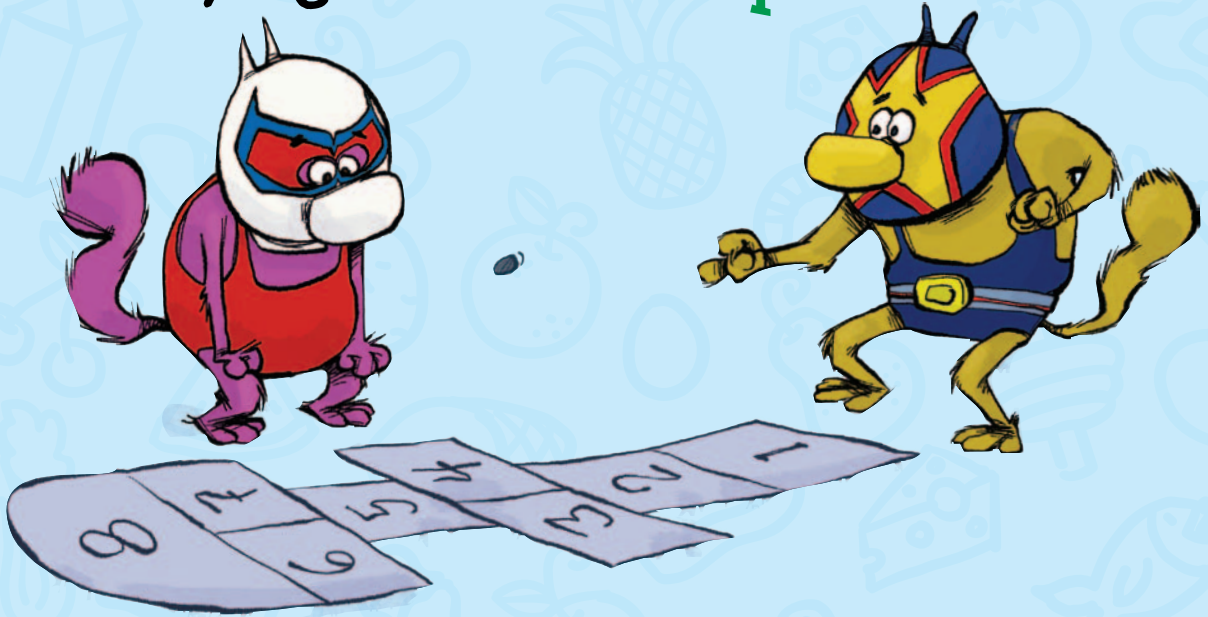


Dancing?

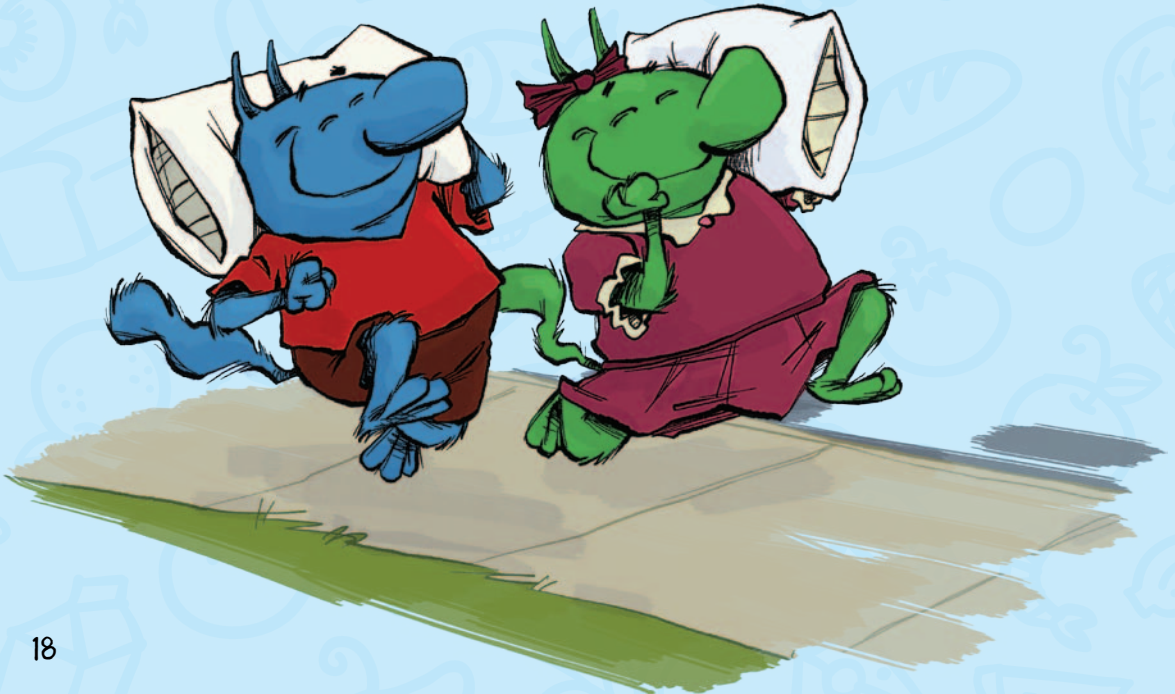


Or casually biking?

Playing catch or hopscotch,



perhaps a lazy jog,





mowing lawns or playing fetch  
or Frisbee with your dog—



moderate activities like these  
or briskly walking



will make it so, although you sweat,



you're able to keep talking.

Exercise that's vigorous  
is done at faster paces,





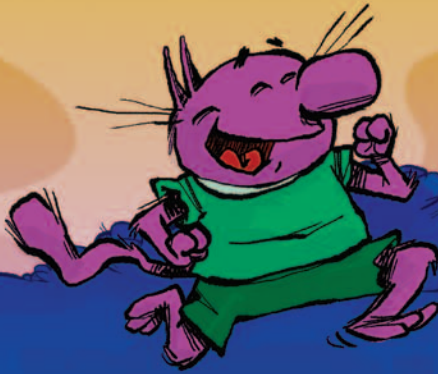
like **swimming** hard,  
**aerobics**,  
and both **foot** and **cycle** races.



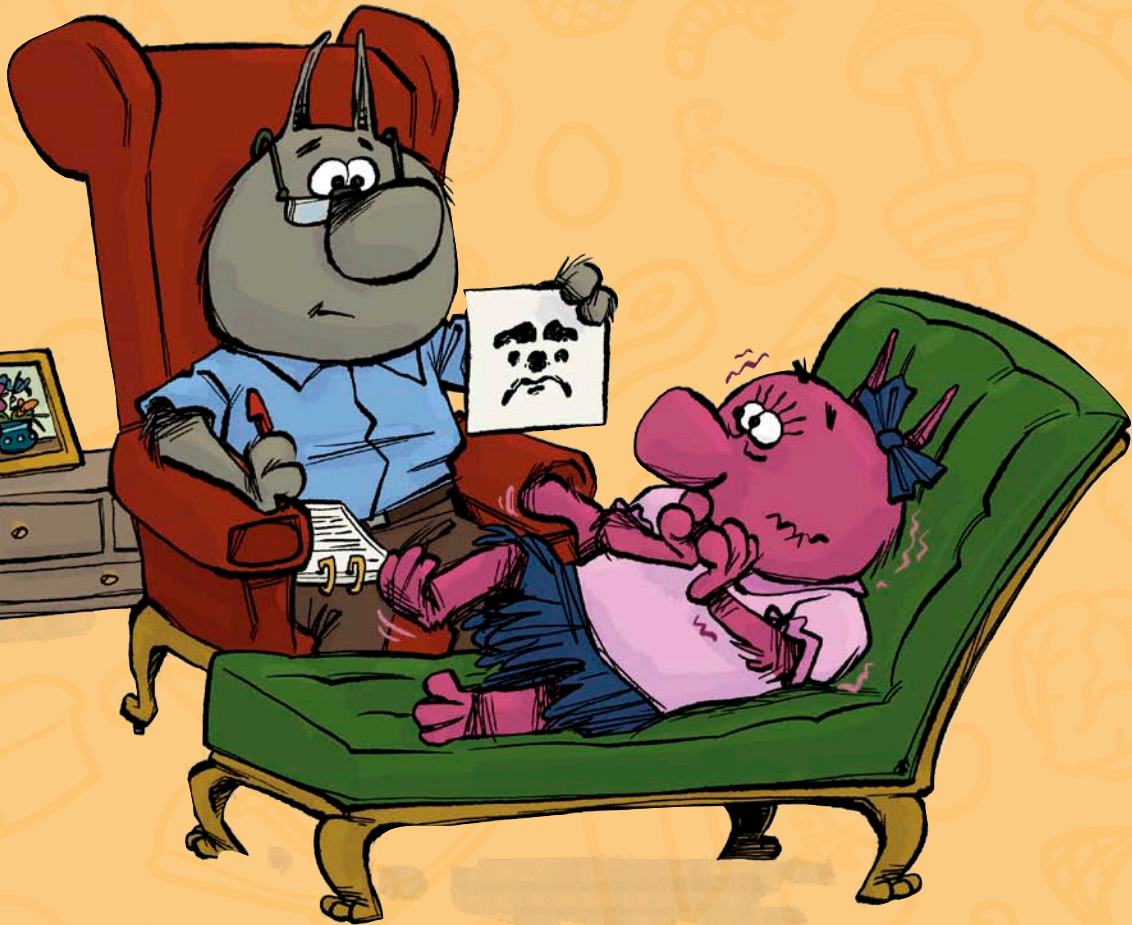


These all boost your heart rate.  
They help in burning fat.

They increase your endurance  
and do even more than that.



Physical activity  
can make us feel less



anxious,  
cooped up,

wound up,  
strained,



or tense with  
lots of stress.

And so when mapping out your day, there's no need to be quizzical:



a healthy day's a happy day,



so make time to be physical!

# So what is physical activity? Do you know?



You should aim for at least 60 minutes of moderate or vigorous physical activity every day or most days. Get an adult to join you—adults need at least 30 minutes each day. Go to [www.MyPyramid.gov](http://www.MyPyramid.gov) to learn how being active is part of being healthy.





Kick around a soccer ball (or any ball)!



Rake leaves into a pile—then jump in it!

Practice martial arts!



Go in-line skating around the neighborhood!

Grab some friends for a game of tag or tug-of-war!



**MyPyramid** For Kids  
Eat Right. Exercise Have Fun.  
MyPyramid.gov

<b>Grains</b> Easier to eat your grains whole!	<b>Vegetables</b> Vary your veggies!	<b>Fruits</b> Eat an apple a day!	<b>Milk</b> Get your calcium-rich foods!	<b>Meat &amp; Beans</b> Go lean with protein!
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**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

★ Find your balance between food and fun      ★ Fats and sugars — know your limits

USDA

This book provides general information about physical activity in accordance with the MyPyramid guidelines created by the United States Department of Agriculture (USDA).



Find activities, games, and more at  
[www.brianpCleary.com](http://www.brianpCleary.com)

The information in this book is not intended as medical advice. Anyone with certain health conditions, including food allergies or sensitivities, asthma, diabetes, heart disease, or high blood pressure, should follow the advice of a physician or other medical professional.

### ABOUT THE AUTHOR, ILLUSTRATOR & CONSULTANT

**BRIAN P. CLEARY** is the author of the Words Are CATegorical<sup>®</sup>, Math Is CATegorical<sup>®</sup>, Adventures in Memory<sup>™</sup>, Sounds Like Reading<sup>®</sup>, and Food Is CATegorical<sup>™</sup> series, as well as several picture books and poetry books. He lives in Cleveland, Ohio.

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The Words Are CATegorical® cats are back, and they're hungry for knowledge . . . about the food pyramid!

Brian P. Cleary provides a playful look at the food groups and physical activity. His zany rhymes and Martin Goneau's comical cartoon cats introduce key food concepts and give a wide range of examples. Learning about the food pyramid has never been so much fun!

### Food Is CATegorical™ books

Apples, Cherries, Red Raspberries: What Is in the Fruits Group?

Black Beans and Lamb, Poached Eggs and Ham: What Is in the Meat and Beans Group?

Green Beans, Potatoes, and Even Tomatoes: What Is in the Vegetables Group?

Macaroni and Rice and Bread by the Slice: What Is in the Grains Group?

Oils (Just a Bit) to Keep Your Body Fit: What Are Oils?

Run and Hike, Play and Bike: What Is Physical Activity?

Yogurt and Cheeses and Ice Cream That Pleases: What Is in the Milk Group?

### Also by Brian P. Cleary

Words Are CATegorical® series

Math Is CATegorical® series

Sounds Like Reading® series

Adventures in Memory™ series



Find activities, games, and more at  
[www.brianpCleary.com](http://www.brianpCleary.com)



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