

# The Importance Of Exercising



**I love dance class! When I go to dance class, I'm exercising. That means my body is moving around and being active. I will move my arms and legs. I might stretch, jump, and bend my body.**



**Exercising is important because it helps keep my muscles strong. It helps keep me healthy.**

**It helps my body be strong and flexible. Exercising helps me feel happy and energised!**



Dancing is a great form of exercise. It can help me sleep better.



**Dancing helps me to be active and to exercise. I love to dance! I want to dance and exercise every day!**



**For more stories and information on making dance accessible for everyone  
please visit : [www.allplaydance.org.au](http://www.allplaydance.org.au)**



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