

# Staying Healthy (How My Body Works)

## Barrie Knowles

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Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work Staying Healthy - KidsHealth 23 Nov 2017 . Children s books make the topic of staying healthy lots of fun, and how all of the external and internal parts of the body work together to get us How the Body Works: Movies Methodist Healthcare How the Body Works: Quizzes - From your nose to your toes, do you know how the . This CDC website is designed for 9- to 13-year-olds and addresses health, How the Body Works: Movies Southern Hills Hospital & Medical . If you re fit, your body works well, feels good, and can do all the things you want . such as serving healthy meals or deciding to take the family on a nature hike. 15 Books to Inspire Healthy Habits in Kids Scholastic Parents How the Body Works: Quizzes - From your nose to your toes, do you know how the . 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