We all know exercise is important to maintain health both physically and psychologically, but when is the best time to begin exercise? Fortunately, the answer to that question is very simple, the earlier the better. According to the World Health Organization, between 5-17 years of age is when most exercise habits are formed. At a very young age, exercise such as playing at a playground or playing tag with friends is a perfect way to start. This not only is good exercise for kids, but it also is enjoyable which is very important. When kids have positive outlooks on exercise at an early age, they are much more likely to continue exercise as they grow older. The more kids are exposed to exercise in a positive way, the more likely it will become a habitual activity in their day to day lives. Regular exercise for kids helps muscles grow, strengthens bones, benefits metabolism, prevents unhealthy weight gain, decreases depression and anxiety, and helps build social relationships with other kids.

Although it is great to start exercising at a young age when habits are formed, it is never too late to begin exercising. The effects of exercise are not just long term, there are short term benefits of physical activity that can be seen right away. The importance of exercise and its benefits isn’t just limited to the individual either. When kids see their parents or even grandparents exercising regularly, they are very likely to follow in their footsteps. Thereby benefitting other people’s lives before they even know it.

With positive views about exercise and regular physical activity habits, people and the people around them clearly see the benefits they gain. Exercise can reduce pain and weight gain, improve sleep, and better one's mood and overall feelings about themselves. People who grow up with regular exercise are much more likely to go to the gym or go for a run after work rather than sit on the couch and watch TV. It makes them feel younger and more energized, not to mention it helps prevent or postpone many chronic diseases.