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Introduction

The importance of physical activity and exercise in early life for optimal health, especially in children, is well established. Physical activity and exercise are essential for the development of a healthy and active lifestyle, and they play a crucial role in the prevention of chronic diseases and the promotion of overall well-being. In children, physical activity and exercise are particularly important for the development of motor skills, cognitive function, and social skills. Regular physical activity and exercise in children can help to reduce the risk of obesity, cardiovascular disease, and other chronic conditions. Furthermore, physical activity and exercise in children can improve their mental health and self-esteem, and they can help to build a strong foundation for a healthy and active lifestyle in adulthood.

Physical activity and exercise in children can be defined as any movement that requires energy expenditure and involves the use of skeletal muscles. This can include activities such as walking, running, jumping, and playing sports. Physical activity and exercise in children can be encouraged through a variety of means, including structured programs, recreational activities, and family-based activities. Encouraging children to be physically active and exercise regularly can help to promote their overall health and well-being, and it can help to build a strong foundation for a healthy and active lifestyle in adulthood.

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