

RUN FASTER!

When you run, you're doing aerobic exercise, also called cardio. It gets you huffing and puffing and makes your heart stronger, so you can run faster and longer.

WHAT'S THE SECRET?

Regular training (practice) will help you get better at running, swimming, biking, or any activity that requires endurance.

ALL-STAR TIP

Set a reasonable goal for yourself, such as running the length of the court in a certain number of seconds. Have someone time you and then try to shave a second or two off of your time. Train toward your goal. When you reach it, set a new, tougher goal.

FAST FACT

You've probably seen the NBA's All-Star Skills Challenge. Players take a variety of shots, pass, and dribble around obstacles. The fastest of the fast have completed the course in just 25 seconds!



For more fitness tips from the pros, visit
nba.com/nbafit

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