

# HEALTH TIPS

*from Rosie Roo*



Hi Friend,

It's spring, and that means baseball has started! You might hear a lot about baseball and other sports this month.

Did you know playing a sport can be good for you?

Sports are a great and fun way to exercise! You get to compete and learn new skills while keeping your body healthy and strong.

Make sure you always warm up before you play. That gets your body ready to go and can help you avoid getting hurt! You also should wear the right safety gear for whatever sport you play. And make sure you tell an adult if you get hurt and never play if you are injured.

Sports also give you a chance to be part of a team! You get to be with other kids who love doing the same things as you. Playing a sport teaches you how to work together with other people. It also teaches you how to win and lose gracefully. And you get to meet new people and make new friends!

And when you play sports, you get to have FUN!

**So go out, join a sport, and have fun!!**



## ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at [aboutspeakkids.org](http://aboutspeakkids.org).



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Thank you for making MHS your choice for better healthcare.

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如果您，或是您正在協助的對象，有關於 MHS 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-877-647-4848 (TTY/TDD 1-800-743-3333)。