

DON'T BE A COUCH POTATO

1. People spend too much time inside. I think this is a big, big mistake. By not going out into the real world they're missing out on so many really good things to see and do. And I know spending too much time inside is not good for your health.
2. If we want to be healthy it's important to exercise and to fill our lungs with fresh air. We can't do this when we're sitting in front of a television doing nothing or just exercising our fingers on a computer keyboard or a mouse. We can get a bit of exercise walking to the fridge to get more food and we do exercise our mouths a bit when we eat it ... how good for us is that? But outside we can walk, run and swim and have fun with other people doing millions of healthy outdoor things like bike riding and kite flying.
3. Outside there are beautiful things to see, hear, smell and touch. Just think about all the plants and animals, and the rivers and oceans, the sand, rocks and mountains. There are wonderful things people have made too, like fountains, bridges and buildings. They're all outside for us to find, watch, explore and enjoy. By going out and experiencing these things, we learn to value and appreciate them more. People who do this are more likely to want to look after our planet.
4. There are other people outside, lots of other people. People we know and lots we could get to know. People who live close by and those who don't. People who look like us, speak like us and understand us and millions who don't. People we can share things with and people we can learn things from. How can we understand and learn how to talk and listen to other people if we just stay inside?
5. I know it's not always as comfortable and safe outside. But there are some simple safety rules we can learn. It may be hot, cold, dry, dusty, wet or windy, but you can still have lots of fun. I love splashing through puddles, feeling raindrops on my face and listening to the noises they make.
6. So, believe me, it's so much better to go outside and live in the real world with real people. The virtual world just isn't the same.

