

DADAJI AND THE GREATNESS OF OUTDOOR GAMES

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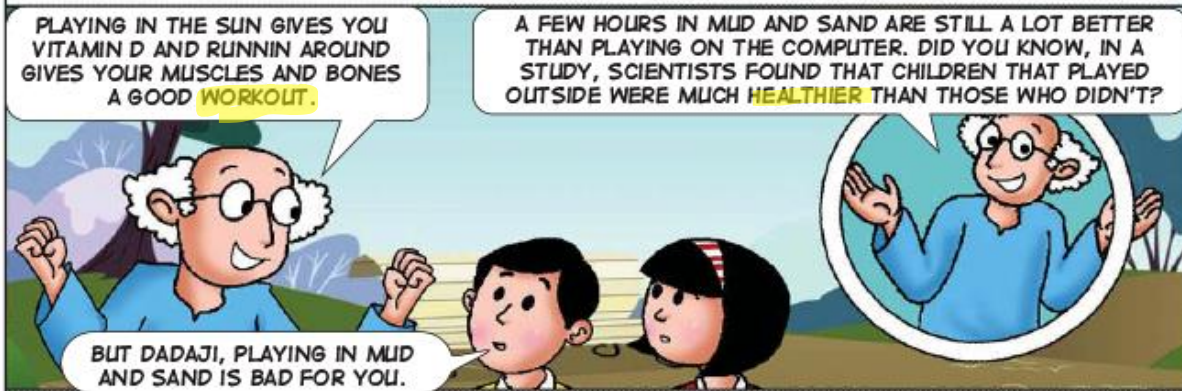
RIYA AND RAHUL WERE PLAYING AT THE PARK AS DADAJI WATCHED THEM FROM THE PARK BENCH.



I'M EXHAUSTED. RIYA, LET'S STAY INDOORS AND PLAY VIDEOS GAMES FROM TOMORROW. ALL THIS RUNNING AROUND IS MAKING ME SWEAT!

DID YOU KNOW RAHUL, THAT OUTDOOR GAMES THAT INVOLVE RUNNING AROUND ARE A LOT HEALTHIER THAN INDOOR GAMES?

HOW IS THAT DADAJI?!



PLAYING IN THE SUN GIVES YOU VITAMIN D AND RUNNING AROUND GIVES YOUR MUSCLES AND BONES A GOOD WORKOUT.

A FEW HOURS IN MUD AND SAND ARE STILL A LOT BETTER THAN PLAYING ON THE COMPUTER. DID YOU KNOW, IN A STUDY, SCIENTISTS FOUND THAT CHILDREN THAT PLAYED OUTSIDE WERE MUCH HEALTHIER THAN THOSE WHO DIDN'T?

BUT DADAJI, PLAYING IN MUD AND SAND IS BAD FOR YOU.



WHAT ARE THE OTHER BENEFITS OF PLAYING OUTDOORS?

FIRST OF ALL, PLAYING OUTSIDE MAKES YOU MUCH FITTER. IT KEEPS YOU ACTIVE. FINALLY, CHILDREN WHO PLAY COMPUTER GAMES ALL DAY ARE MORE LIKELY TO HAVE EYE PROBLEMS.

