

Game On

Grab your tennis racket, bicycle, and soccer ball too! A study finds that playing more than one sport may be better for you than playing just one.	10 22 27
Scientists studied more than 500 kids who play tennis. Most of the kids began playing the sport around age 6. They practice for 16 to 20 hours each week. The scientists found that the kids who play more than one kind of sport are less likely to be injured. To be injured is to be hurt.	36 48 59 72 83
Why is playing more than one sport good for you? Each sport uses different muscle groups. Playing only one sport can put too much strain on the same muscle groups. Strain is the overuse of a body part. If you play tennis, you swing a tennis racket. That puts a lot of strain on your arm. If you switch to soccer, you give your arm a rest.	94 104 116 129 143 150