Jose Mendoza
Chief Detective
Evangeline Bautista
Top Gun Pilot
Maria Legaspi
Award-winning Journalist
Playing outside every day can give their future a head start.
Do you want to give your children the best chance for success? Then let them go out and play! A total of 60 minutes' exercise each day will help your children get healthier, stronger, and may even help them do better in school. That's right, regular exercise can help increase your children's alertness and concentration while helping them build self-esteem and discipline. Playing with others can also teach them leadership and social skills. Now how many hours of television can give your kids all that?
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