


Cut out these bookmarks and get started reading!

# Reading is good for you



Boost your health with a book



*"The more that you read, the more things you will know..."*  
—Dr. Seuss

**Hey, kids!**  
Reading helps you:

- 1 Learn lots of words
- 2 Grow stronger
- 3 Get excited about doing things
- 4 Remember things
- 5 Feel close to people you love





[peacehealth.org/healthy-you](http://peacehealth.org/healthy-you)

Sources: thetelegraph.co.uk, neurology.org, jamanetwork.com, sciencemag.com, psychologytoday.com, scholastic.com

*"The more that you read, the more things you will know. The more that you learn, the more places you'll go."*

—Dr. Seuss



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Use the edge of the bookmark to help you follow along the line as you read.


## What is your favorite book?

My favorite book is \_\_\_\_\_

My mom's favorite book is \_\_\_\_\_

My dad's favorite book is \_\_\_\_\_

My doctor's favorite book is \_\_\_\_\_



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HealthyYou

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