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BE HEALTHY BY READING @ YOUR LIBRARY

The National Reading Campaign (2013) reminds us that “on average, readers have better physical health, empathy, mental health. Reading for as little as 6 minutes can reduce stress by 60%, slow heart beat, ease muscle tension, and alter your state of mind” (infographic). Keep your students healthy by promoting on-line reading. Free e-books are available from sites like The International Children’s Digital Library (en.childrenslibrary.org) and Kobo (kids.kobobooks.com). Recommend online reading by sharing sites like Epic Reads (www.epicreads.com/books) and author sites. Remember to share sites for games, too, like the Minecraft wiki (minecraft.gamepedia.com/Tutorials/Tips_and_tricks).

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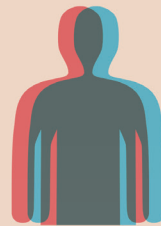
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READING IS GOOD FOR YOU

On average, readers have better:



Physical Health



Empathy



Mental Health

Reading for as little as 6 minutes can



=

60%

↓ **STRESS**



+



reduce stress by 60%, slow heartbeat, ease muscle tension and alter your state of mind

Reading reduces stress:

68%

100%

300%

600%

more than:



Listening to music



Drinking a cup of tea



Going for a walk



Playing a video game

Reading Saves the World infographic, created by the National Reading Campaign and CBC Books (2013).