Soccer and other sports offer fun and engaging ways to make exercise a part of a child’s regular routine. That’s one of the chief reasons why UC Davis Children’s Hospital is a season title sponsor of the Sacramento Republic FC, a USL PRO men’s professional soccer team. Studies show that exercise helps to develop strong bones, muscles and joints, decrease risk of obesity, and stave off related conditions such as heart disease, cancer and stroke. UC Davis Children’s Hospital joins the Let’s Move movement, the American Heart Association and many others in recommending 60 minutes of exercise a day for children and teens.