



Student's Name: _____

Date: ____ / ____ / ____
MM DD YYYY

Worksheet

Title: **Get Up and Move!**

Read the paragraph and answer the questions.

Do you know sitting can hurt you? Sitting is hard for your shoulders and back. You might feel pain. Your blood moves slow, too. Your heart has to work harder. The blood doesn't move easily. This can hurt your muscles. It can hurt your brain too.

So don't sit for too long. Take breaks. Get up and move! Moving makes your body happy and healthy.

1. Why is sitting bad for you?
 - a. It hurts your shoulders.
 - b. It hurts your blood.
 - c. It hurts your nose.
2. What should you do if you are sitting for too long?
 - a. Take a shower.
 - b. Take a break.
 - c. Just continue sitting.
3. Sitting keeps your blood from moving _____.
 - a. back
 - b. forward
 - c. easily
4. Can sitting for too long hurt your brain too?
 - a. Yes
 - b. not really
 - c. no
5. Why do you need to get up and move?
 - a. To make your body happy and healthy.
 - b. To show people you can move.
 - c. To hurt your body.

Label the pictures below. Use the words from the box.

shoulder blood heart ~~muscles~~ brain

The image shows three human figures on a light blue background. The first figure on the left has a magnifying glass icon over its right shoulder, with a dashed line pointing to an empty box. The second figure in the middle has a magnifying glass icon over its brain, with a dashed line pointing to an empty box. The third figure on the right has a magnifying glass icon over its chest muscles, with a dashed line pointing to an empty box. There are also empty boxes at the bottom of each figure. A word box at the top contains the words: shoulder, blood, heart, ~~muscles~~, and brain.