



### III Complete the text with the words in the box.

keeps    bodies    exercise    activity    sleep    regularly    healthy    stress

#### Why Exercise is Important

Exercise is good for our 1 \_\_\_\_\_ and minds. It helps us stay 2 \_\_\_\_\_ and feel happy. There are many ways to 3 \_\_\_\_\_, such as running, swimming, or playing sports. Regular exercise makes our muscles strong and 4 \_\_\_\_\_ our hearts healthy. It also helps us 5 \_\_\_\_\_ better at night.

When we exercise, our bodies release chemicals called endorphins. Endorphins make us feel good and reduce 6 \_\_\_\_\_. It is important to find a(n) 7 \_\_\_\_\_ that you enjoy, so you will want to do it 8 \_\_\_\_\_.