

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.**