Staying healthy

Complete the text below with a word from the box

makes	reduces	diseases	chemicals
produce	body	happy	good

Exercising is a _____ way of keeping healthy. It gives your _____ a better shape. It _____ your risk of developing certain _____. Exercising _____ the body _____ endorphins: _____ that make you feel peaceful and _____.

LIVEWORKSHEETS