

READING TIME

- 1** Read the leaflet. Look at the underlined words. Read and match.

Why is exercise good?



Exercise isn't only good for your body; it can improve your friendships too. Doing sport with your friends and family makes you more sociable. It's also a great way to meet people and make new friends.

Exercise can make you a happier person too. When you exercise, your body makes chemicals called endorphins. Because of these endorphins, your body doesn't hurt very much when you exercise. And the endorphins also make you feel happy.

Aerobic exercise, like running, cycling and swimming, makes your brain produce serotonin. People who are depressed have low levels of serotonin. More serotonin can help you stop feeling depressed and makes you happy too.



Exercise also helps you become a better student. Scientists found that active students did better at school. When you exercise, chemicals go to the brain and help it grow and develop.

Exercise also helps you become more flexible. You can bend, jump and do all sorts of movements without hurting your body. The more flexible you are, the better your body moves and the stronger your muscles are.

Of course, exercise isn't the only thing that helps us stay happy and healthy. Eating the right food is very important too.



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| 1 A sociable person | a can bend and move their body very well. |
| 2 A flexible person | b feels very sad for long periods of time. |
| 3 A depressed person | c enjoys being with other people. |

- 2** Read the leaflet again. Circle **T** (true) or **F** (false).

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| 1 It's important to only do exercise with friends. | T | F |
| 2 Exercise can help you be healthy. | T | F |
| 3 Aerobic exercise makes you depressed. | T | F |