

Excellent Exercise

Name _____
M.5/_____ No. _____

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WORD BOX

stress sick blood alone benefits
brain memory stairs heart pumps

Excellent Exercise

Why do you need to exercise? Exercise has many 1. _____.

- * Exercise makes you physically strong. Being strong helps you stay healthy.
- * Exercise helps your 2. _____. Your heart 3. _____ 4. _____ throughout your body. The more you exercise, the better your heart can pump blood.
- * Exercise helps keep your weight down. A healthy weight is important so you don't get 5. _____.
- * Exercise makes you smarter. When you exercise, more blood goes to your 6. _____. The more blood to your brain, the better your 7. _____ gets.
- * Exercise makes you feel happy. It is a good way to reduce 8. _____. Exercise gives you more energy to do your favorite activities. The more active you are, the better you sleep. You can exercise 9. _____. You can ride a bike instead of driving. You can take the 10. _____ instead of the elevator. You can also exercise with friends. You can play sports or play on the playground. You can play games like hide-and-seek. There is a kind of exercise out there for every one of us!