Excellent Exercise

Name_____

M.5/____ No.____

www.thebenefitsofexercise.com

WORD BOX

stress	sick	blood	alone	benefits
brain	memory	stairs	heart	pumps

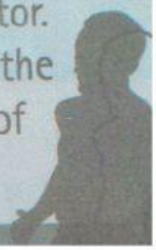
Excellent Exercise

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!



LIVEWORKSHEETS