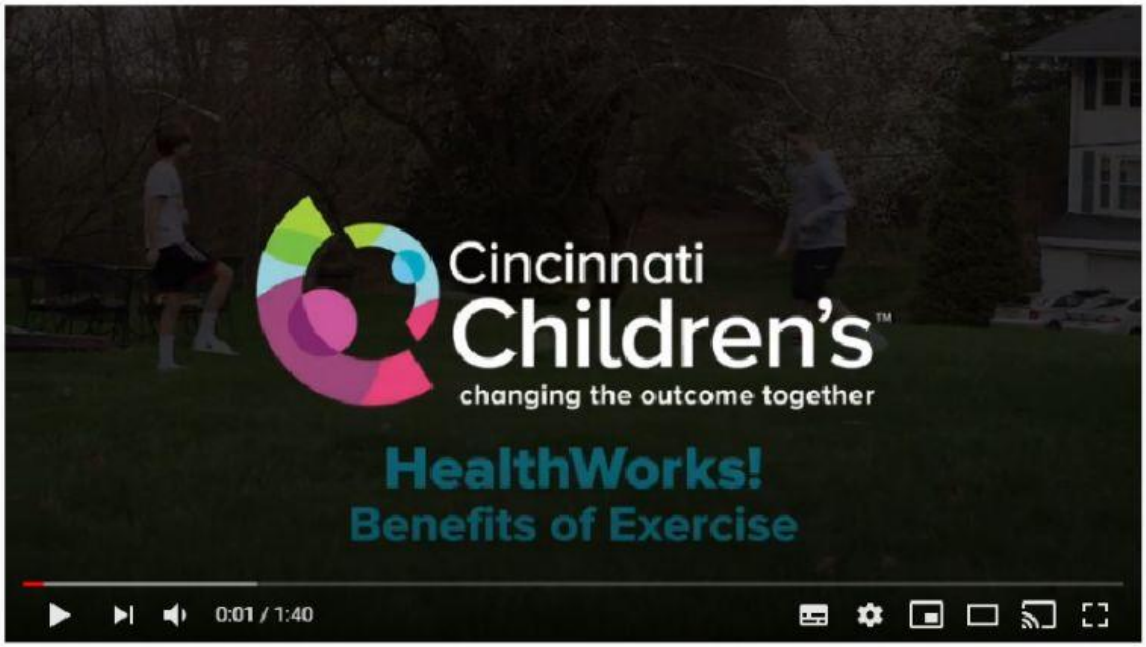
BENEFITS OF EXERCISE

➢ **Watch the video to discover the benefits of exercise.**



➢ **Decide if it's true or false.**

It reduces the risk of chronic diseases. True / False

It makes you stronger. True / False

It improves insulin sensitivity. True / False

It decreases blood pressure. True / False

It increases body fat. True / False

It decreases the risk of chronic diseases. True / False

It stimulates and energizes your brain. True / False

LIVEWORKSHEETS

➢ How exercise affects us?

Find the error in each block.

Exercise improves...



Academics

Memory
Brain health .
Willingness to learn.



Sleep

Sleep patterns.
The quality of the mattress.
Quality of sleep.



Skin

Blood flow.
Antioxidants protection.
How we smell.

LIVEWORKSHEETS

LIVEWORKSHEETS