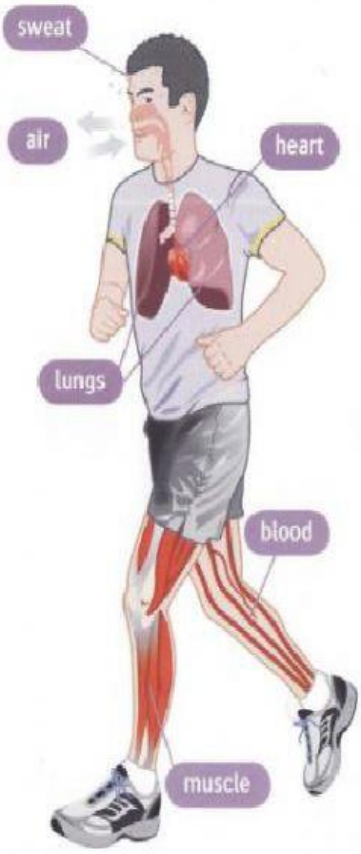
7 Exercise and Your Body



When you do exercise, you breathe faster. Your lungs take in more air to give your body more oxygen. Your heart beats faster, so it moves blood to your muscles faster. The blood takes oxygen and food for the muscles to use.

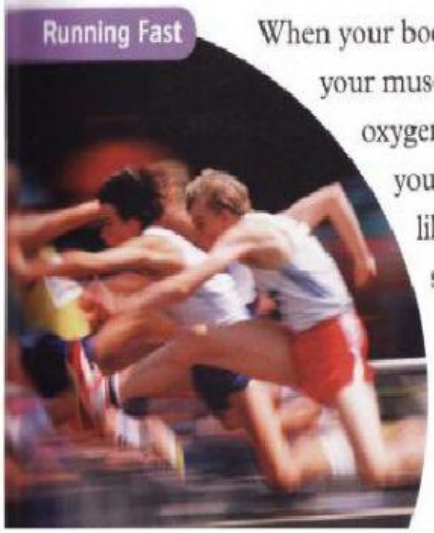
Your body gets hotter when you do exercise. Your skin feels hot, and you make water called sweat. When your skin dries, you cool down.

Discover! Most people make more than 1 liter of sweat in one hour of exercise. That's one big bottle of water!



Swimming in the Ocean

Your muscles need oxygen to work well for a long time. When you walk, jog, cycle, or swim, you breathe faster to give your muscles the oxygen that they need. This exercise makes you more healthy.



Running Fast

When your body works very hard, your muscles can't get all the oxygen that they need. So you can only do exercise like running fast for a short time. This type of exercise makes your muscles bigger and stronger.

1) Classify the words highlighted in the text into NOUNS (8)-ADJECTIVES (5)-VERBS (5)

NOUNS	ADJECTIVES/ADVERBS	VERBS

2) Find all the nouns from exercise 1 in this wordsearch.

LIVEWORKSHEETS

exercise for everyone

B Q K C E S L U N G S W H B N N F L
E L A I T O Q E F S V Q K F K E G C
Y L O Z E X J H U G K B X F Y B J B
B K F O R Y I J E J K I O E E O A X
Z W A K D G C P D A X R N D A I D K
Y K A Y C E B L R F R M N B Y Q H A
G J S F S N S Y X E K T F W K Y Z E
F O W Z W B S L Y Y V Y M M Z J V B
D G Z P E G Z K F Q F H H H V C S V
L P F Y A X Q M U S C L E S B Y W E
N R R U T K K R K C X R Y H V X B A
S H H T Z T H Z K T Y I Y Z C E D S

LIVEWORKSHEETS