HAVE YOU EVER FELT TIRED AFTER SITTING ALL DAY? EXERCISE IS A GREAT WAY TO GET MORE ENERGY AND FEEL BETTER. EXERCISE IS IMPORTANT BECAUSE IT HELPS PEOPLE STAY HEALTHY.

WHEN PEOPLE EXERCISE, THEY MAKE THEIR BODIES STRONGER. FOR EXAMPLE, WHEN YOU RUN OR WALK, YOUR HEART GETS STRONGER. THIS MEANS YOU CAN DO MORE ACTIVITIES WITHOUT GETTING TIRED. EXERCISE ALSO HELPS YOU SLEEP BETTER AT NIGHT AND FEEL HAPPIER DURING THE DAY. IT IS A SIMPLE WAY TO TAKE CARE OF YOUR BODY AND MIND.

IN CONCLUSION, EXERCISE IS A GOOD HABIT BECAUSE IT KEEPS YOU HEALTHY AND HAPPY. EVERYONE SHOULD FIND TIME TO MOVE EVERY DAY TO FEEL THEIR BEST.