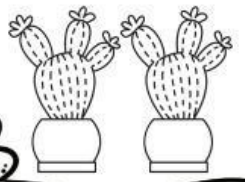
The Benefits of Exercise

Exercise has many benefits to children. First, exercise releases **endorphins**, which are chemicals in your brain that make you happy. Exercise also makes your heart and other muscles stronger! That way, when you get older, you will still be able to run and jump. When you are a kid, exercise also **strengthens** your bones. Having a healthy body and a healthy mind are important parts of living a happy, healthy life.



Directions: Read the passage two times. Color in one cactus each time you read. Then, answer the questions.

1. **What is the main idea?**
   a. Endorphins make you happy.
   b. Exercise has benefits to children.
   c. Exercise makes your muscles stronger.
2. **What are endorphins?**
   a. Another name for your brain
   b. Something you eat
   c. A chemical in your brain
3. **Which of these <u>is not</u> a detail that supports the main idea?**
   a. Exercise strengthens your bones.
   b. Old people don't need to exercise.
   c. Exercise strengthens your heart.

LIVEWORKSHEETS