

Name :

The Importance Of Exercise

Being physically active helps our bodies grow strong and our minds stay sharp. Exercise keeps the heart, lungs, and muscles healthy, and it gives us energy to do the things we enjoy. There are many types of exercise, such as running, swimming, biking, and even dancing. Children should try to be active for at least 60 minutes each day. Exercise also helps reduce stress and improves our mood by releasing chemicals in the brain that make us feel happy. Staying active, eating well, and getting enough rest are all important parts of a healthy lifestyle.

Answer the following questions:



1-How does exercise help the body and mind?

2-Name three examples of physical activities.

3-How long should children be active each day?

4-What does exercise do to help improve your mood?

5-What three things make up a healthy lifestyle?

Fill in the Blanks:

Exercise keeps the heart, lungs, and _____ healthy.

Children should be active for at least _____ minutes a day.

_____, _____, and _____ are examples of physical activity.

Exercise helps reduce _____ and makes us feel _____.

Staying active, eating well, and getting enough _____ are part of a healthy lifestyle