

Exercise for Everyone

Name: _____

Make a list of the types of exercise you do regularly, under the following categories.

Jogging, walking or other planned exercise



Sports

Jobs at home that require exercise

Getting to and from school or other activities

Other

Do you think you do enough exercise to stay fit and healthy? If not, what are some other activities you could do to increase the amount of exercise you do each day?

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Rewrite these sentences from the book, correcting their mistakes.

Some exsercises are good four making our mussels stronger.

We shoold worm up our muscles grajually when we exercise?

People who aren't fit and healthy can think mor
clearly than these who do not exercise.



Use your indexx finger and muddle finger to find yor pulse.

Stop your warm-up by marching on the spot, then jogging, for 90 second.

Aerobic exersise will make your heart beet much fast.

Take the ball and bounce it sevaral times on tha ground.

Meow like a cow as you breethe out!

Some yoga exercises has the name of animal.
