



Name: \_\_\_\_\_

## Exercise

Exercise plays a vital role in leading a healthy lifestyle. It is important for people of all ages, including children like you! Engaging in regular physical activity has numerous benefits for your overall well-being. When you exercise, your body gets stronger, your heart gets healthier, and your muscles become more flexible.

One of the main benefits of exercise is that it helps keep your body weight in check. When you engage in activities like running, swimming, or playing sports, you burn calories and prevent the buildup of excess fat in your body. This not only helps you maintain a healthy weight but also reduces the risk of developing health problems like obesity and diabetes.

Exercise also has a positive impact on your mental health. When you participate in physical activities, your brain releases chemicals called endorphins, which trigger feelings of happiness and reduce stress. Regular exercise can help you feel more energized, improve your focus, and enhance your mood.

In addition to physical and mental health benefits, exercise is important for building strong bones and muscles. Activities like jumping, skipping, and climbing help strengthen your bones, making them less prone to injuries. By engaging in regular exercise, you also develop stronger muscles, which support your body and help you perform everyday tasks with ease.

Remember, exercise doesn't have to be boring! You can choose activities that you enjoy, such as riding a bike, playing tag with friends, or dancing to your favorite music. Aim for at least 60 minutes of physical activity every day to reap the maximum benefits.

So, get moving and make exercise a part of your daily routine. Your body and mind will thank you for it!





Name: \_\_\_\_\_

1. What are some benefits of exercise for your body weight? \_\_\_\_\_

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2. What are some ways that exercise is good for your mental health? \_\_\_\_\_

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3. What are some examples of activities that you can choose for exercise?

- a. watching TV
- b. reading a book
- c. playing video games
- d. riding a bike

4. What is the main idea of this passage?

- a. aim for at least 60 minutes of daily activity a day
- b. regular exercise can help you feel more energized
- c. exercise is important for a healthy lifestyle

5. Write a different title for the passage.

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