



Name: _____

The Benefits of Exercise for a Healthy You

Exercise is not just about having fun and playing games; it's also about taking care of your body and staying healthy. When you exercise, you do a lot more than just have a good time, you help your body in many important ways.

Staying Strong and Fit

One of the main benefits of exercise is that it helps you stay strong and fit. When you run, jump, or play sports, you use your muscles and make them stronger. Your heart also gets a good workout, and that helps keep it healthy. When you exercise regularly, you have more energy and feel better overall.

Growing Healthy Bones

Exercise is fantastic for your bones. Running, jumping, and even dancing can make your bones grow stronger. This is crucial, especially as you grow older, because strong bones help prevent injuries and keep you standing tall.



Good for Your Brain Too

Exercise is not only about your body but also about your brain. When you exercise, your brain gets more oxygen and nutrients, which helps it work better. It can improve your concentration, memory, and even your mood. So, if you ever feel tired or stressed from schoolwork, a good game of tag or a quick bike ride can make you feel better.

Maintaining a Healthy Weight

Exercise helps you maintain a healthy weight. When you play and run around, you burn off extra calories. This means you're less likely to gain too much weight, which can lead to health problems like diabetes. So, exercise is like a magic potion to help keep you at just the right weight for your age.

Friendship and Fun

Besides all the health benefits, exercise is also a great way to have fun and make friends. Whether you're playing sports with your buddies, joining a dance class, or simply having a family hike, exercise can be a social and enjoyable experience. So, you can enjoy yourself while keeping your body healthy.



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1. What is the text structure of this passage? (circle all that apply)

description

cause and effect

compare and contrast

problem and solution

sequence

2. Highlight the headings in the passage.

3. Read the headings from the passage. Use the headings to write a sentence stating the main idea of the passage.

Main Idea: _____

6. Reread the section **Good For Your Brain Too** and complete the next task. Which definition of "tag" is used in the section.

definition 1

definition 2

definition 3

tag

noun

1. A small piece of paper, plastic, or cloth attached to an object for identification, often containing information about the item.
2. A children's game in which one person chases and tries to touch another person, who then becomes "it" and must chase others to tag them.

verb

3. To attach or label an object with a small piece of paper, plastic, or cloth for identification or to provide information.