

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

## All About Exercise



Exercise is moving your body. Walking, running, dancing, and swimming are all kinds of exercise. So is playing a sport, like baseball or tennis.

Exercise helps your bones and muscles stay strong. It also helps your heart and lungs work well. Exercise can even help you sleep better!

Exercise can be fun—like playing tag with your friends or jumping on a trampoline. What is your favorite way to exercise? Draw it in the box below.



# Preview

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