

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

# EXERCISE IS COOL

**Directions:** May is National Physical Fitness and Sports Month. Exercise is one way you can keep your body fit. Explore the Web site provided to learn why exercise is good for you. Then read each statement below. Three possible endings are provided beneath each statement. Choose the best ending for each statement and fill in the circle before that ending.



## Web Resources:

Why Exercise Is Cool [http://www.kidshealth.org/kid/stay\\_healthy/fit/work\\_it\\_out.html](http://www.kidshealth.org/kid/stay_healthy/fit/work_it_out.html)

1. Aerobic exercise is any activity that makes your muscles  
 hurt                       use oxygen                       grow
2. Exercise burns extra calories. Extra calories that your body doesn't use are stored as  
 muscles                       blood                       fat
3. During exercise, your body releases endorphins. Endorphins are chemicals that make you feel  
 happy                       strong                       tired
4. Being able to move your arms freely without feeling tightness or pain is called  
 flexibility                       strength                       aerobics
5. Exercise is important because it keeps your body  
 working hard                       alive                       strong

**Something to Think About:** Besides exercising, what else can you do to keep your body healthy?

**Learn More:** Go to It's Time to Exercise at [http://www.kidshealth.org/kid/stay\\_healthy/fit/what\\_time.html](http://www.kidshealth.org/kid/stay_healthy/fit/what_time.html) to find some ways you can exercise alone, with a friend, and with a group of friends.