

How Does Exercise Help Your Body?

Lesson Title: Healthy Eating

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Name: _____



Exercise helps your body in many ways. Learn why exercise is so important by filling in the blanks of this story. Pick from these words:

- brain
- skin
- lungs
- heart
- bones
- muscles

Ashley and Juan were inside watching television. Ashley's mother saw them and said, "What are you doing inside when it's a beautiful day? Go outside and play."

"We don't want to," said Ashley. "We're watching a great program."

"Did you know that breathing in that fresh air is good for you? It makes your _____ work better."

"And if you run around a little bit," Ashley's mother continued, "Your _____ can pump blood more efficiently throughout your body."

"But none of that will make us do better in school," said Juan. "This TV show is *educational*."

"That's where you're wrong," said Ashley's mom. "Playing outside is good for your _____, too. All that oxygen makes you think better."

"And if you're looking for that healthy glow to your _____," Ashley's mom pointed out, "then exercise is where you can get. It certainly beats any cream! There's one more thing you should know. Your _____ and _____ will get stronger by climbing ropes, riding bikes, and doing sit-ups."

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Juan got up and turned off the TV. “What do you say, Ashley?” he asked.
“Should we go for a bike ride?”

“Okay. I want to make sure I’m ready to do my best in math class—and look my best, too!”