

## Health Exercises

**Exercise is any type of physical activity that uses the muscles of the body. You get exercise when you run and play, but it is important to be sure that all parts of your body get regular exercise.**

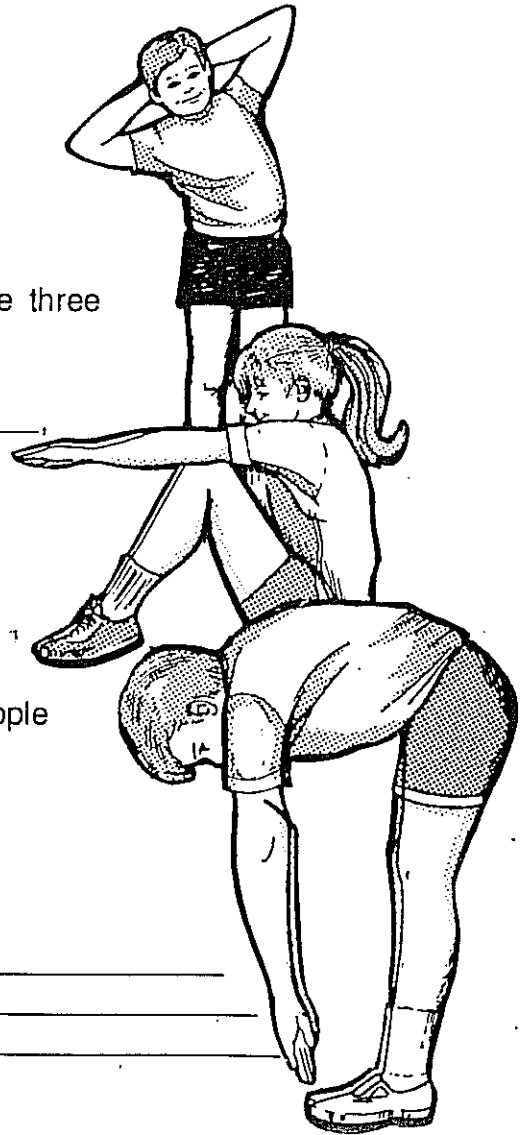
### A Matching

- |                    |  |
|--------------------|--|
| ___ 1. breathing   | a. the process by which the body changes food so that it can be absorbed |
| ___ 2. metabolism  | b. of, for, by, or in the mind   |
| ___ 3. digestion   | c. taking air into the lungs and letting it out                          |
| ___ 4. nutrition   | d. way of holding the body   |
| ___ 5. posture     | e. to grow or expand   |
| ___ 6. circulation | f. using food to aid and maintain growth and development                 |
| ___ 7. mental      | g. the process by which the body changes food into energy                |
| ___ 8. develop     | h. a moving around from place to place                                   |

### B Fill in the blanks.

develop	posture	circulation
muscles	mental	health rules

- Regular exercise promotes good \_\_\_\_\_ as well as physical health.
- Proper nutrition, adequate sleep, and regular exercise are three good \_\_\_\_\_.
- Growing bodies need exercise to \_\_\_\_\_ properly.
- Exercise aids health by improving blood \_\_\_\_\_, breathing, digestion, and metabolism.
- People who exercise regularly develop firm \_\_\_\_\_ and have good \_\_\_\_\_.



### C True or False

- \_\_\_ 1. Exercising regularly will only make you tired.
- \_\_\_ 2. People who exercise regularly sleep better than people who do not.
- \_\_\_ 3. There are many benefits derived from exercising.
- \_\_\_ 4. Posture can be improved by exercising regularly.

### D List three exercises that are good for you to do regularly.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_