



# Exercise

When we exercise we make our muscles strong and keep our bodies fit.

Just as a rusty old bike is more difficult to get going than a well-oiled one, so a fit body is more healthy than one that is unfit.

We keep our bodies in tip-top health by working them hard. This means doing exercise.

If we don't exercise, our heart, leg and arm muscles get weak. A weak heart muscle is dangerous for our health.



Any running game is good exercise.



Riding a bicycle exercises our legs and our heart.



Dancing exercises our legs and our hearts.

Swimming exercises all of the body.



**What exercise do you take to keep fit and healthy?**

**How do you feel after taking exercise?**