



Name: Form:

See pages 14 and 15 of *Keeping healthy*

Why exercise?

By moving about, getting slightly warm and getting a red face, you help your heart, lungs, muscles and bones.

Q1. (i) What is A?

(ii) What kind of blood vessel is B?

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(iii) What are the places labelled C?

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Q2. Name three types of exercise.

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Q3. How does exercise change your bones?

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Q4. What happens to your muscles when you exercise?

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Q5. Why do people sweat when they are exercising?

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