

Daily Exercise

Pre-reading

Questions:

- What do you know about exercise?
- What would you like to know about it?

Definitions:

- Daily – done every day
- Exercise – activity of the body done for good health
- Release – to let go or set free



Reading

14 Would you like to lose weight? Do you want to tone your muscles? Would
31 you like to look better and feel better? Exercise is good for your body and mind. It
36 keeps you healthy all over!

51 Take a walk. Ride a bike. Lift weights. Go for a swim. Jog through your
65 neighborhood. Play tag with your kids. Shovel the snow. Mow the grass. Rake the
78 leaves. Just keep moving! Try to exercise at least thirty minutes each day.

94 It doesn't need to be a **solid** thirty minutes. You can break up the time. Go
110 for a ten minute jog in the morning. Walk ten more minutes during the lunch hour.
125 End the day with a ten minute bike ride. You've done it! You've exercised for
127 thirty minutes.

141 Daily exercise is good for both your body and your brain. When you exercise,
154 your body burns fat. Muscles are toned and stretched. Your heart pumps blood
157 throughout your body.

170 Exercise affects the mood control part of the brain. It releases chemicals that
185 cause a person to feel happy. Exercise is a mood changing event. Are you feeling
199 tired or sad? Is work or family life stressful? Would you like more energy?

203 Exercise is nature's cure!

Understanding

1. What are some ways to exercise? _____

2. What does the word **solid** mean in this reading? _____

3. How much exercise should you get each day? _____

4. How many days a week should you exercise? _____

5. Why should a person exercise? (List at least three reasons.) _____

Writing

Choice A: Retell this story in your own words.

Choice B: What do you do for exercise? When do you do it? How does it make you feel?
