



Lesson 8: Exercise

Worksheet 1 of 1

Answer the following questions.

List three reasons why physical activity is important.

What are some ways you can be more active?

What happens to your heart and lungs when you are participating in a cardiovascular exercise? Why?





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Exercise Challenge

Can you do these activities everyday for 5 days?

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 20 Jumping Jacks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 Squats | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Touch your toes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Tips for staying healthy at home!

- Plant a garden
- Take a walk
- Ride a bike
- Compete against another family in your neighborhood (kickball, softball, volleyball etc)
- Play tag
- Play catch