

Do you want to feel better? Exercise!

Exercise is good for you, but what exactly does it do to your body? Let's find out!

The heart does more work than any other muscle in your body. It beats about 100,000 times a day! When you exercise, it beats faster because it has to send more blood to your muscles. This makes your heart stronger and you get fitter – you don't get tired quickly and you have energy. Your muscles get bigger and stronger. You can move, run and carry heavy things more easily.

What about the rest of your body? When you exercise, your heart sends more blood to your brain too. You learn more quickly, you feel more relaxed and happier, and you sleep better.

Exercise is also important for your bones. Young people have strong bones, but when you get older, your bones become weaker. There are 206 bones in your body (52 are in your feet and 54 in your hands), and you have to exercise to keep them strong.

REMEMBER: People who exercise don't get ill as often as people who don't exercise. And you don't have to go to a gym to exercise. Just stay active!

Here's what you should do:

- Do a sport – it's fun!
- Dance – with your friends or on your own!
- Ride your bike or walk – sometimes it's faster than the car or the bus!



- 1 Work in pairs. Why do people exercise?
- 2 2.51 What does it mean? Look at the pictures and say. Use the words in the box.

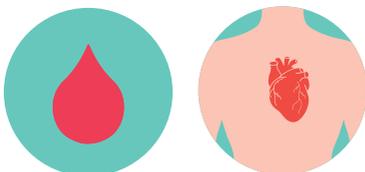
- 4 Read the text again. Answer the questions.
- 1 Which is the hardest-working muscle in your body?
- 2 Why does your heart beat faster when you exercise?
- 3 Why is exercise good for your brain?
- 4 What happens to your bones when you get older?
- 5 How many bones are there in your body?
- 6 How many bones are there in your feet?
- 5 2.53 Listen to three children. What kinds of exercise do they do? Write in your notebook.

Vocabulary The body

blood heart | bones muscles | brain



1 brain 2 3



4 5

- 3 2.52 Read and listen to the text. Find and say the words from the Vocabulary box.

- 1 dancing 2 3
- 6 Ask four of your classmates and find out what kinds of exercise they do.

Name	Exercise
1 ...	
2 ...	
3 ...	
4 ...	

What kind of exercise do you do?

- 7 Tell the class about your classmates. Use linking words **and**, **but**, **also**.

Thomas doesn't do exercise at all, but Marta walks to school every day. She also likes dancing.