

Name: _____

Fitness Can Be Fun!

I do not like to exercise! I like to play tag. I love to go across the monkey bars. I *really* like to play basketball. But I do not like to exercise! Yesterday my mom told me that I had to exercise. I told her "absolutely not!" Then, I went outside to play soccer with my friend Sam. After soccer we jumped rope. Then we rode our bikes. Finally I came inside for dinner. As I washed my hands, my mom said, "Thanks for exercising." What was she talking about? I hadn't been exercising. I had just been playing with a friend! Right? Actually, I had been doing both. Even though I didn't know it, my active playtime with Sam had actually been great exercise at the same time.



Exercising is very important. It has many benefits. It helps your body in many ways. It helps your heart grow healthy and strong. It helps to strengthen your muscles. It helps to keep your body at a healthy weight. It even boosts your self-esteem. Exercise not only helps your body feel good, it helps you feel good about your body!

Exercise does not have to be boring. Some people think that you can only exercise at a gym. That is not true. Some of the best (and most fun) exercising can take place on the playground. Running at recess, chasing a fly ball, or playing tag with your friends are all great ways to exercise. Why not stretch? Or jump? You could also ride your bike. These are all great ways to exercises as well.

Doctors suggest that kids exercise for at least one hour every day. But remember, exercise is really just another word for "active fun!" So find a friend, pick a sport to play, and get going! Before you know it, you'll be so busy having fun, you'll forget that you are exercising. That is, until your mom reminds you as you wash your hands for dinner.

Fitness Can Be Fun!

Questions

1. Exercise has many benefits. Name two ways that it helps your body.

Name: _____

- _____ 2. Which words in paragraph 2 help the reader understand what benefits mean?
- A. important
 - B. helps your body in many ways
 - C. muscles
 - D. healthy weight
- _____ 3. How is this passage organized?
- A. It makes a statement and then gives the reasons that it is true.
 - B. It tells how things are alike and different.
 - C. It states a cause and then gives effects.
 - D. It gives a series of steps in a process.
- _____ 4. Which of the following is true about exercise?
- A. It is not fun.
 - B. Doctors recommend doing it for one hour every day.
 - C. Only adults should exercise.
 - D. It can only be done at a gym.

Name: _____

How many of these can you write about? Think! Write! Check all the ones you answered.

- What is your favorite type of exercise? Why is it your favorite?
- Create a TV commercial that talks about the benefits of exercise. Be creative and encourage kids to become more active. Be sure to include at least three exercise examples in your commercial.

Don't stop writing. Use a blank piece of paper to continue.