**Why Exercise Is Cool**

1. **Exercise Makes Your Heart Happy**

### Exercise Strengthens Muscles

### Exercise Makes You Flexible

### Exercise Keeps the Balance

### Exercise Makes You Feel Good

**What are three ways you exercise in a day?**

**1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What is your favorite type of exercise?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How many steps do you think you take in a day? (If your teacher has a fit bit or other type of pedometer measure your steps in a day) Challenge a class to see whose class can get the most steps in a day.**

**Estimate:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Actual:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What activities get you moving?**

**Aerobics**

**Baseball**

**Ballet**

**Basketball**

**Climbing**

**Cycling**

**Dancing**

**Diving**

**Football**

**Gymnastics**

**Handball**

**Hiking**

**Hockey**

**Ice Skating**

**Jogging**

**Jumping**

**Kayaking**

**Kickball**

**Lacrosse**

**Paddle Boarding**

**Playground Playing**

**Rollerblading**

**Roller Skating**

**Rowing**

**Rugby**

**Running**

**Scooter Riding**

**Skating**

**Skiing**

**Skipping**

**Sledding**

**Snow Boarding**

**Snowshoeing**

**Soccer**

**Softball**

**Swimming**

**Surfing**

**Tag**

**Tetherball**

**Volleyball**

**Walking**

**Weight Training**

**Draw a picture of yourself doing your favorite activity that gets you moving.**