



Name: _____

Exercise

Exercise is really important for staying healthy. It's good for everyone, even kids! When you exercise, it makes your body strong, helps your heart stay healthy, and makes you more flexible. One of the best things about exercise is that it helps you manage your weight. It burns calories and stops your body from getting too much fat, which can make you overweight and sick. Exercise also helps your brain feel good. It makes you happy and helps you relax. It's also good for your bones and muscles. When you exercise, they get stronger and it's easier for you to do everyday things. So, find activities that you like to do, like riding a bike or dancing, and try to do them for at least 60 minutes every day. Make exercise a part of your daily routine and you'll have a happier and healthier body and mind!



1. What is the main idea of this passage?
 - a. exercise makes your brain feel good
 - b. find activities that you like to do
 - c. it makes your body strong
 - d. exercise is good for your overall health

2. Write at least 2 supporting details for the main idea you chose.
