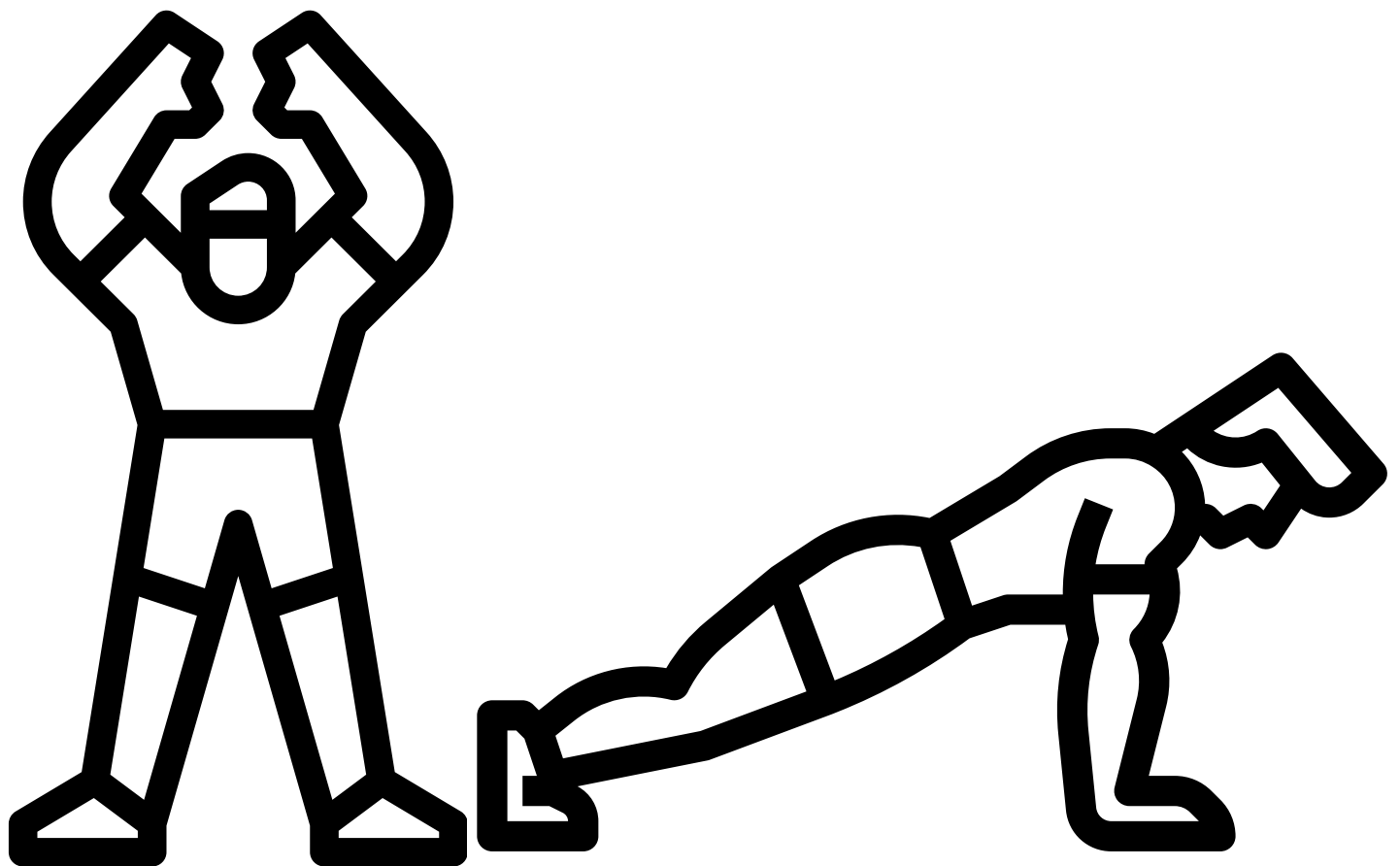


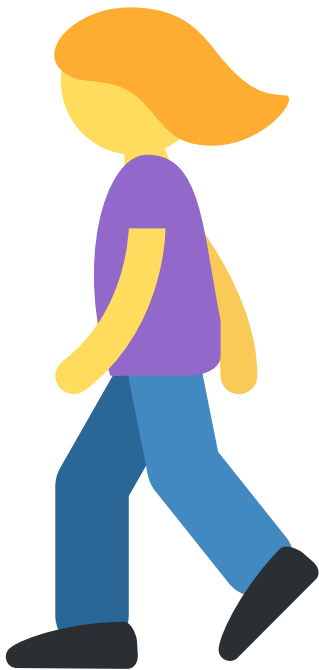
Name:

Color the person doing push-ups.

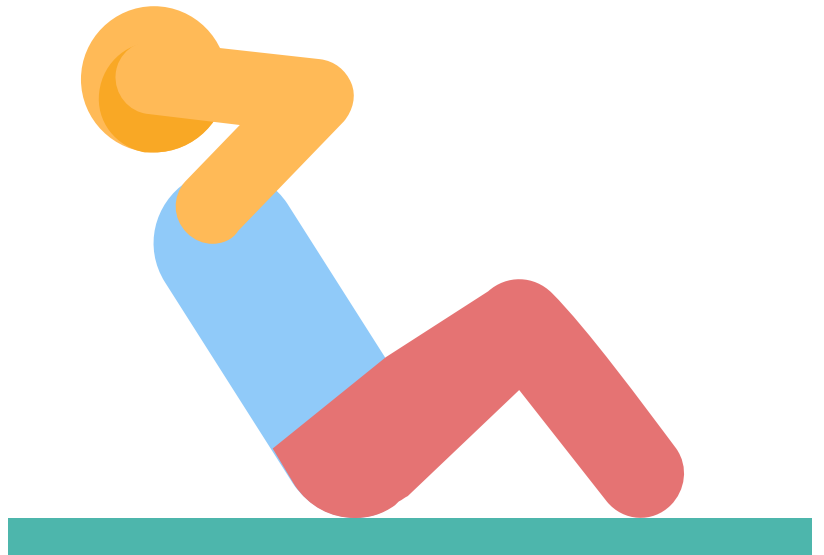


Name:

**Which exercise do we need to ask someone to help us with?
Circle the correct answer.**



walking



sit-ups

Name:

Circle the correct answer to complete the sentence below.



We should try to _____ before we exercise.

a) eat apples

b) stretch

Name:

Write "True" or "False" on the line below the sentences.

**We can't exercise unless we
can go outside.**

**Even if we can't exercise for 60
minutes, we should still try to
exercise every day.**



Name:

Find and circle the exercise words below.



A	D	A	N	C	E	N	W	E	D
S	T	V	M	R	P	T	K	D	Y
E	P	O	R	P	M	U	J	S	X
Q	O	U	P	Q	R	V	H	P	W
S	X	B	H	O	R	C	D	U	F
V	U	F	A	S	T	R	Y	T	B
Z	L	W	V	E	U	P	X	I	K
V	A	K	R	Z	Z	P	A	S	B
E	A	T	F	A	E	T	C	J	D
Y	S	J	B	Y	I	B	S	D	P

dance jump rope stretch
sit-ups push-ups

