

## Everyone should exercise for 30 minutes or more every day

# There are many ways to keep in shape

## Go for a Walk

### **Don't forget**

- Bring water
- Wear comfortable shoes

#### What it's good for

Your heart



## New words

Comfortable: /'k/mft@b(@)I/ (adj)

making you feel physically relaxed; pleasant to wear, sit on, etc

## Play a Sport

#### **Don't forget**

- Warm up and stretch
- Wear equipment

#### What it's good for

Your muscles



## New words

Stretch: /strets/ (Verb)

to make something longer, wider or looser

Equipment: /I'kwIpmənt/ (Noun)

the things that are needed for a particular purpose or activity

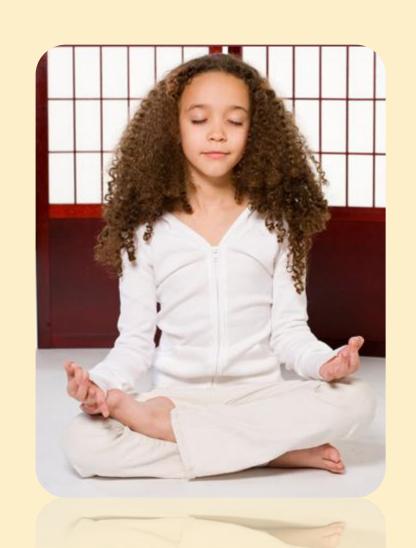
## Take Yoga

#### It helps you

- Stay healthy
- In focus

#### What it's good for

body and mind



## New words

Breathing:/britain/ (Noun)

The action of taking air into the lungs and sending it out again

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## Jump Rope

#### What it's good for

heart and muscles



## **Swim**

#### **Don't forget**

- Use sunscreen
- Swim with another person

#### What it's good for

all the muscles in the body



What should you wear when you go for a walk?

What should you wear when you play soccer?

Why is yoga good for you?

# Let's have a great time