

# EXERCISE

There are lots of different types of exercise that we can do. How many of these have you tried?

walking	netball	gymnastics	swimming
rugby	ice skating	skipping	rowing
hockey	skateboarding	hiking	tennis
running	basketball	dancing	athletics
trampolining	football	push-ups	bowling

## ***How does exercise affect our bodies?***

When we exercise, our muscles need more energy to make them work harder.

- 1) We breathe faster to get more oxygen into our body.
- 2) Our heart beats faster so that the blood moves around our body quicker.
- 3) We sweat to cool our bodies down.

