



Being Active

Our bodies are amazing things. It's important we look after them. Looking after them keeps them working well. We can do this by eating right, sleeping well and exercising. Exercise is keeping active. Moving and stretching our bodies.

VIPERS QUESTIONS

R What do we need to do to look after our bodies?

Exercise is important for our bodies. Exercise makes us stronger and fitter. It improves our balance and flexibility. It improves our posture and concentration. It also keeps our hearts healthy.

VIPERS QUESTIONS

R Name 3 benefits of exercise.

P What do you think would happen if you didn't exercise?

You should try to do one hour of exercise every day. This could be playing sports, riding your bike or going for a walk. Anything where you are moving or stretching your body. Or an activity where you get out of breath.

VIPERS QUESTIONS

I Name 3 different sports or activities you could do to exercise your body.



It's important to drink plenty of water during and after exercise. This replaces what we lose sweating. It's also important to stretch and rest afterwards. This lets our muscles recover.

VIPERS QUESTIONS

E

What should we do after we exercise and why?

Finally, it's important to sleep well. Sleep is when your body grows and heals itself. You need about 10 hours every night. You only get one body. It's important to look after it.