

Big Question: Why is it important that we exercise?

Measure your heart rate before you start exercising. Think of four different exercises you could do (running, skipping, hopping, jumping etc.) and measure your heart rate after one minute of exercise.

My resting heartbeat was \_\_\_\_\_ beats per minute.

<u>Exercise</u>	<u>Heart rate after one minute</u>

Exercise makes your heart \_\_\_\_\_.

Write three benefits of exercising.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_