

Personal Care Series

EXERCISE

REM 1145B

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INTRODUCTION

In our modern world, mechanization and automation have made it unnecessary for people to exert themselves physically. As a result, most people, young and old alike, do not get the exercise they need to keep their bodies fit and healthy. This book attempts to provide students with information about the benefits of exercise. It further shows them how they can incorporate an exercise program into their busy schedules.

Each lesson is followed by questions to check student understanding. The glossary and several interesting charts and graphs provide opportunities for the development of many important reading skills. Underlined words in each article can be found in the glossary.

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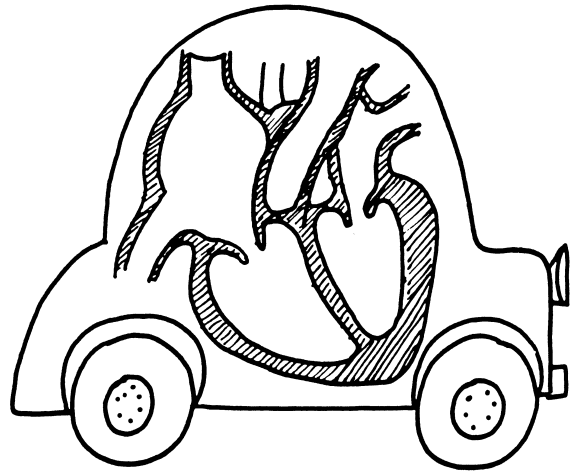
Name _____

Why Should You Exercise?

Do you know that the human body and a car have something in common? Both need tune-ups to work efficiently. Just as a car engine needs oil to make the parts go, a body needs oxygen to work. Exercise helps bring more oxygen to the body. So you might say that exercise is a tune-up for the body.

Not only does exercise help the body by increasing the flow of oxygen, but it helps the heart, too. Even a simple walk can make the heart pump faster. By pumping faster, the heart works harder and becomes stronger. Therefore, exercise can help keep your heart young and healthy.

Besides these two very important reasons to exercise, activity can help a person feel better. Exercise such as swimming, bicycling, and walking can be fun and relaxing. Experts say that exercise reduces stress and makes a person more cheerful.



Remember, your body, like a car, is made to move. When it doesn't, things start to break down. It's up to you to make sure that your body is in top condition.

1. In one paragraph, summarize the main idea of this article.

2. Why is your body like a car? _____

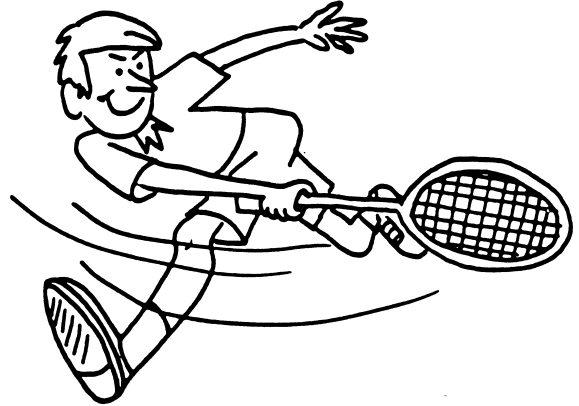
3. What three important benefits does exercise give you?

4. What is oxygen? _____

More Good Reasons to Exercise

EXERCISE CAN . . .

1. **HELP YOU LOSE WEIGHT.** When you diet and exercise, you lose fat and gain muscle. Exercise helps burn body fat.
2. **KEEP YOUR REACTIONS SHARP.** Without exercise, your reaction time may slow down. People who play hockey, racquet games, and volleyball have good reaction times.
3. **LOWER THE RISK OF SOME DISEASES.** Studies show that people who exercise have fewer heart attacks than those who don't. Studies also show that through exercise people can often lower their blood pressure and reduce the number of headaches they get.
4. **BUILD STRONGER BONES.** Doctors who study bones say that those people who exercise have stronger and larger bones. This, in turn, makes them stronger.



1. In a paragraph, write the main idea of this article.

2. List the benefits of exercise.

3. What sports develop players with good reaction times?

4. If you wanted to lose weight, what would you do?

Name _____

Ready...Get Set...Go!

You are comfortably napping in bed. Outside you see the rain coming down. Or, you are on a warm and sunny beach relaxing on a blanket. But both times you are not truly resting. Inside your head, a little voice is buzzing and telling you to get up and exercise. You want to swat the thought out of your head as though it were a pesky fly.

Sometimes it is hard to get started on the exercise road. So what can you do to start and stick with a program of exercise?

First, plan an exercise that is easy. Don't try swimming 100 laps a day at first. Set a goal that you can reach each day.

Second, stick to a plan. Sometimes it is helpful to keep a chart or a diary. It is better to exercise a little each day than to overdo it on weekends.

Third, don't expect magic results. You will improve, but improvement takes time. You may even be stiff and sore when you first work out.

Fourth, make time for exercise each day. You need only about 30 minutes a day. Get up earlier or give up a TV program.

Finally, choose an exercise that is fun for you. If jogging is work, try walking or cycling. If you enjoy your exercise, chances are you will stick to it.

1. In a few sentences, explain this article. _____

2. Why should you choose an exercise that is easy? _____

3. How can you fit an exercise period into your day? _____

4. Why is it helpful to have an exercise plan? _____

BONUS: Make an exercise plan for yourself. Include the times and types of exercises you will do.

Name _____

What Makes Johnny Run?

Do you know that over 3 million people in this country exercise by running? Running improves breathing and strengthens the heart. It also strengthens the legs, muscles, and bones. Running can even help keep you thin. Best of all, running requires no equipment and no organized team. You can run alone, and you can set your own *stamina* goals.

To make running a safe and good exercise, you should follow a few important rules:

1. **Choose good running shoes.** Make sure they fit and are comfortable.
2. **Stretch your muscles before you begin.** Chances are you will hurt less if you warm up before you run.
3. **Cool down after a run.** Spend the last five minutes walking. Do some stretching to allow your blood to return to your heart from your arms and legs.
4. **Keep your back straight and your head forward as you run.** Running in a good position will help you avoid hurting your back.



1. Write another title for this article.

2. How does running improve your health? _____

3. Why do you need to “cool down” after running? _____

4. Why are good running shoes important? _____
