

Keeping Fit

0 Exercise is good for you. There are many reasons why.
 10 The best kind of exercise makes you breathe deeply. This
 20 helps your lungs grow strong. It gets your heart pumping.
 30 This helps your heart grow strong. Swimming is good
 39 exercise. So is skating and bike riding. Walking is good for
 50 you. So is jumping rope.

55 Some exercise can make you strong. Use your muscles
 64 for heavy work. This will make your muscles stronger.
 73 Doing push-ups makes you strong. So can bike riding and
 84 skating.

85 Exercise makes you flexible. It helps you bend your
 94 body. It helps you stretch. Dancing is good. So is karate.

105 Exercise helps stop weight gain. If you are active, you
 115 burn off calories. Then your body will not store them as
 126 fat.

127 Best of all, keeping fit will make you feel good!

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Total Words Read _____

- Errors _____

= CWPM _____