Keeping Fit

Exercise is good for you. There are many reasons why.
The best kind of exercise makes you breathe deeply. This helps your lungs grow strong. It gets your heart pumping.
This helps your heart grow strong. Swimming is good exercise. So is skating and bike riding. Walking is good for you. So is jumping rope.
Some exercise can make you strong. Use your muscles for heavy work. This will make your muscles stronger.
Doing push-ups makes you strong. So can bike riding and skating.
Exercise makes you flexible. It helps you bend your body. It helps you stretch. Dancing is good. So is karate.
Exercise helps stop weight gain. If you are active, you burn off calories. Then your body will not store them as fat.

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