

Name:

Fill in the blanks

1. Your heart pumps b _ _ _ _ all over your body.
2. Exercise makes your heart beat f _ _ _ _.
3. Exercise makes your heart healthy and s _ _ _ _ _.

True or False

T/F You should exercise at least 60 minutes a day.

T/F Bones are the part of your body that help it move.

T/F Muscles are about one half of your body weight.