
HEALTHY LIVING
EXERCISE
Bullfrog
Books

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For Review Only

Get Fit!

Mara and Zed run.



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Exercise is good for you.

It helps you stay healthy.

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Noah bikes.

His muscles work.

They get strong.



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Your Daily Exercise

You should be active at least 60 minutes every day.

stretch
Stretch before and after exercise. It helps keep your muscles safe and free from injury.



drink water
It is very important that you drink water before, during, and after exercise. Your muscles need water to work.



warm up
Before you play hard, it is good to let your muscles warm-up. One good way to warm up is to take a short jog.



snack healthfully
Before and after exercise it is good to have a healthy snack, like a protein bar, a piece of fruit, or a hard-boiled egg.



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Picture Glossary



karate
A form of fighting that uses kicks and punches for both exercise and self-defense.



muscles
The parts of the body that help you move.



mood
How you feel.



tennis
A game in which players use rackets to hit a ball back and forth across a low net.

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