**Exercise is Important.**

**Name----------------------------------------------------------------- Date----------------------------------------------------------------------**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of exercise | Explain what you did when you did this exercise | How many times can you do it in a minute? | What happens to your body?Did your heart beat faster?Are you sweating? |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |