

Rainbow Readers

Title: Fitness is Fun: Stay Healthy, Stay Happy

Word Study

Fill in the blanks using the words.

calories

panting

gravity

pump

germs

1. When a dog is panting, it might need water.
2. Cover your mouth when coughing so you don't spread germs.
3. There are a lot of calories in this ice cream sundae.
4. Gravity is the force that pulls things to the ground.
5. The water pump isn't working, so we can't get water out of the tank.

Reading Comprehension

A. Circle T for true or F for false.

1. You do not need to breathe during anaerobic exercise. T / F
2. Animals seem to naturally know that exercising is good for them. T / F
3. Regular exercise can help you with school work. T / F
4. Anaerobic exercise can actually cause you to gain weight. T / F
5. People who exercise a lot are more tired than people who sit around all day.
T / F

B. Circle the correct word(s).

1. Anaerobic exercise does not (build muscles / burn fat).
2. You can get more flexibility by bending and (running / stretching).
3. (Red / White) blood cells destroy germs.
4. Your knee is an example of a joint that works like a (socket / hinge).
5. Dancing is a good way to become (more flexible / tighter).

C. Choose the best answer.

1. Which is something aerobic exercise does NOT do for you?

- a. Give you strong muscles
- b. Build your endurance
- c. Keep your heart healthy
- d. Burn fat

2. Why is sweating good for you?

- a. It makes you stronger.
- b. It helps your memory.
- c. It gives you more energy.
- d. It removes waste from your body.

3. What is always pulling against your body?

- a. Muscles
- b. Tendons
- c. Gravity
- d. Fat

4. You should stretch your muscles _____.

- a. too far
- b. slowly
- c. until they hurt
- d. once in a while

5. Which is NOT mentioned as a way that exercising can make you feel better?

- a. It can make you feel more confident.
- b. It can help you get better sleep.
- c. It can change the chemicals in your body.
- d. It can help you win sports games and contests.

Summary

Fill in the blanks with the words.

elbow	endurance	immune system	hinge	tendons
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Playing is good for your whole body. This is because playing is the same as exercising. There are three kinds of exercise. Exercise that makes you breathe hard, like running, is good for your heart and lungs. It's called aerobic exercise. It burns fat and improves your endurance. That means you can run longer. Anaerobic exercise is good for your muscles and bones. These are important because they give your body its shape. You can work them out and get stronger by lifting weights. Stretching is also a kind of exercise. It is good for flexibility and helps your tendons and joints. Your elbow is an example of a joint. It moves like a hinge. Exercising can also help your mood. It can make you feel better about yourself and sleep better. Exercising can also help you with school. It helps your brain work better. It is good for your immune system, which keeps you from getting sick. Now go outside and get some exercise!