

## Let's move!

### Worksheet 1

1. Exercise is a very important part of a healthy lifestyle. What else can you do to stay healthy?
2. How often and how long should you exercise for?
3. What are the benefits of exercise? Write down all you can think of with a partner and then go online to read up more.  
<http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/>  
[http://kidshealth.org/teen/your\\_body/take\\_care/exercise\\_wise.html](http://kidshealth.org/teen/your_body/take_care/exercise_wise.html)  
<http://www.cdc.gov/healthyouth/physicalactivity/facts.htm>
4. Some physical exercises have strange, scary or funny names. Check these words:  
*jumping jacks push ups squats plank lunges burpees wallsits downward dog*
5. In the USA the campaign Let's move! was supported by Beyonce and Michelle Obama. Go online <http://www.letsmove.gov> and read the idea behind the campaign and then watch a music video <http://www.youtube.com/watch?v=79YoLFS8Y-A>



<http://healthyhappyfashionista.wordpress.com/2013/08/28/what-motivates-me-to-exercise/>