Keeping Fit

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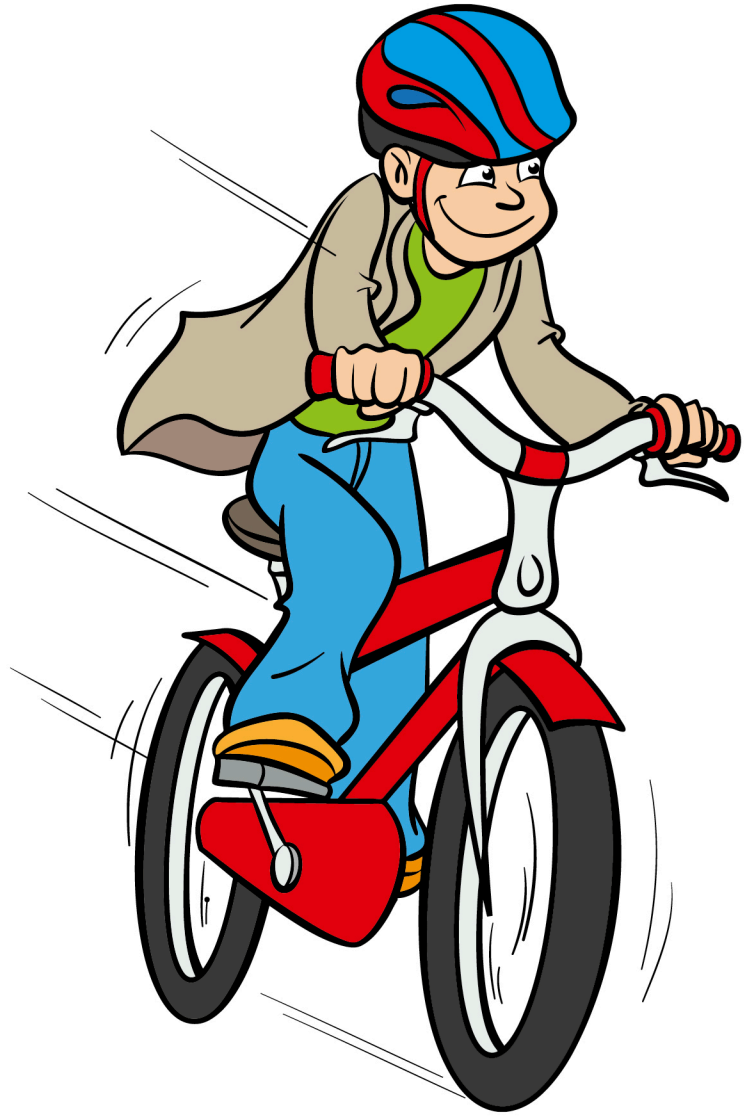
You should keep fit, as it makes you feel good. You can do about 20 minutes of exercise a day.

Remember it is your body, so you should treat it well.

There are different kinds of exercise, so do your favourite! Do not just sit inside playing games!

Dave likes to go fast on his bike. This is very good exercise for him. He wears a helmet in case he falls off!



Katie likes to play football.
She scores many goals,
and she is the best on
the team.

John likes running.
Running a lot has made him fit.

Amy likes playing basketball. Amy met her friend playing basketball.

Brian likes rollerblading.
This makes him fit.

So, do not sit around for too long! Get up and keep active!