

1. Read the text and write the effects of exercising on people.

When you exercise,

- a) (mood)
- b) (body)
- c) (skin)
- d) (brain)

2. Answer the questions according to the text.

a) What may be the most important effect of physical activity on?

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b) What may be the reason of always feeling tired?

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c) How does exercising make your skin look younger?

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d) What things will probably happen to your body if you don't exercise?

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