

1. Answer the following questions according to the text.

a) When we move, what happens to our heart, muscles and bones?

b) How can we boost our immune system?

2. Match the beginnings of the sentences with the endings according to the text.

..... **a)** Regular exercise

..... **b)** You can think fast and

..... **c)** Increased blood circulation gives

1. work carefully when you are active.

2. extra oxygen and nutrients to your skin and your hair.

3. strengthens muscles and reduces the risk of heart attack.