

**1. Read the text quickly and label the body parts using the words in the box.**

heart muscles bones stomach intestines  
skin hair eyes lungs blood vessels

**2. Read the text again. Are the sentences true or false? Write T (true) or F (false).**

a) The body needs less oxygen when we exercise.

.....

b) Endorphins make us feel good.

.....

c) Muscles become smaller when exercised.

.....

d) Weight-bearing exercise develops strong bones.

.....

e) The digestive system improves with exercise.

.....

f) We sleep better if we exercise.

.....

**3. Discuss the questions below in pairs.**

Do you do exercise/sports? How often? Why? Why not?

.....

.....