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Exercise and its Importance for Overall Health

What is Exercise?

Exercise are movements that work the body harder than normal. It helps with heart rate and strength. People exercise to get fit.

Types of Exercise

There are three types of exercise. They are:

- **Aerobic** - The word aerobic means "with oxygen". Energy in the body is created using oxygen. Aerobic exercise helps to move oxygen around the body. Examples of aerobic exercise include:
 - running a long distance
 - playing tennis
 - cycling
 - walking
 - hiking
- **Anaerobic** - The Benefits of Exercise



Tennis is an example of an aerobic form of exercise.

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Exercise has many benefits. These benefits include:

- Increasing energy.
- Preventing cardiovascular diseases.
- Keeping muscles strong and flexible for many years

Exercise also helps the body in these ways:

- It helps to burn calories. This keeps the body at a healthy weight.
- More blood flows to the brain. This improves our memory and helps us learn better.
- It lowers bad cholesterol. It also helps with our blood pressure.
- A healthy diet and exercise can prevent many diseases. It prevents high blood sugar and obesity. These things can lead to diabetes.
- The body can pump blood much better. This helps to carry nutrients all over the body. This makes the immune system work better.

Guidelines for Exercise

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Heart Rate

When we exercise, the heart works more than normal. Exercise usually takes place at about 65% to 75% of our maximum heart rate. You can find your maximum heart rate or MHR. To do this, subtract your age from 220. Our heart rate is measured in beats per minute (BPM). So, if you are 12, your MHR is $220 - 12 = 208$ BPM.

Reading Comprehension Questions:

1. What is exercise?
2. What
3. What is the main difference between aerobic and anaerobic exercise?
4. What
5. Give
6. What
7. When you are just starting out, why is it important to start slowly?
8. What
9. Why are rest days important in between exercise days?
10. How is your maximum heart rate calculated?
11. Find

Extension Questions:

12. Why do you
13. What do you feel is the most important reason to exercise and stay healthy? Your answer must be 1 or 2 paragraphs long.

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References

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