October 6th, 2021

Lesson

Exercise Plan

We already know that exercise is important for the body.

To make a habitat of exercising consider the following:

* You should spend a maximum of two hours a day sitting down.
* Watching TV. or using the computer are activities that you usually do sitting down.
* If you have a bicycle, use it every day – even for just half an hour.
* Play outside whenever you can. You can jump rope, play soccer or run races.