



DO you enjoy physical education? Daily exercises keep us fit. Don't wait for PE lessons. Let's exercise and develop a healthy lifestyle today.

Sports for a healthy lifestyle

THE Leisure and Cultural Services Department (康樂及文化事務署) encourages people to develop a healthy lifestyle. Start keeping an Exercise Dairy (動感日誌) today and be a healthy kid. Do you know how to write your Exercise Dairy? Learn more at <http://www.lcsd.gov.hk>

Benefits of exercise

EXERCISING is good for both body and mind. **Regular** exercises...

are good for heart function and improve blood circulation;

improve body flexibility;

can make more friends;

reduce fat and keep ideal weight;

strengthen body resistance to illness;

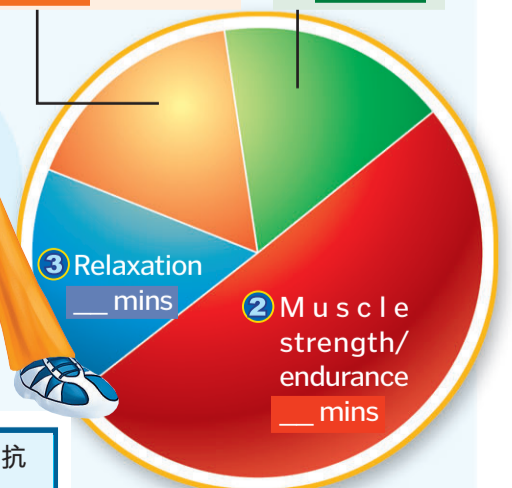
train muscles and strengthen bones!

Planning your exercises

THE physique of each person is different. When you select an exercise for training, you should first think about your own **ability**. Always start from an easy level.

How should we allocate time for one hour of exercising?

- 4 Suppleness training ___ mins
- 1 Warm up ___ mins



Answers
 1 10
 2 30
 3 10
 4 10

Vocabulary

physical education 體育
 benefits 好處

regular 經常
 circulation 循環

flexibility 柔軟度
 strengthen 加強

resistance 抵抗
 ability 能力

Running is a good form of exercise.