

Exercise

DLM





Exercise



It is important for everyone to get exercise.



Some people exercise when they wake up in the morning.



Some people exercise after school.



Some people exercise before they go to bed.



There are many ways to get exercise.



Some people go to the gym to exercise.



People can swim at the gym to get exercise.



Some people go outside to get exercise.



People can take walks outside to get exercise.



Some people exercise with friends.



People can play soccer with friends to get exercise.



Some people dance to get exercise.



People can meet new friends when they go dancing!



Exercising is fun!