

Exercise & Your Body





**Your body works
harder when you
exercise.**

What Happens to Your Body?

You're out of breath. You're sweating. Your heart is beating quickly. Your legs feel heavy. These things are happening because you're exercising. Your level of activity has gone up and these responses are your body's way of dealing with that increased activity level. What's more, these responses are helping your body become more fit.

When you exercise, your body's systems work harder, allowing you to raise your level of activity. Exercise helps you develop a stronger heart and stronger lungs and muscles. If you exercise several times a week, you can get your body into shape.

Key Notes:

What happens when you exercise several times a week?



**Stretching keeps the
body flexible.**

Exercise and the Skeleton

Exercise helps parts of your body that you never see. For example, exercise helps your skeleton, the frame of bones in your body.

Stretching when you exercise can help keep your skeleton flexible. When you stretch, you keep your body from getting stiff. You can also bend and twist better, which means you are more flexible.

Exercise such as walking is also good for you because it helps your bones stay strong, making them less likely to break. In order to keep your whole skeleton flexible and strong, you need to exercise your arms and back, too.

Key Notes:

What are two ways to keep the skeleton flexible?



**Exercise is good for
your heart.**

Exercise and Muscles

As you exercise, you begin to breathe heavily. That's because your muscles are telling you to feed them. What the muscles need is oxygen to do their work, and people get oxygen by breathing it in.

As we breathe, oxygen enter the lungs and then the heart, where it is pumped to the muscle that need it. This activity helps the muscles work better and become stronger.

Exercise helps one very important muscle grow stronger: the heart. When you exercise, your heart works harder. People who exercise develop hearts that are better at one important task—pumping blood.

Key Notes:

How does exercise help your muscles?



**Water replaces the liquid
lost by sweating.**

Exercise and Skin

You're in the middle of a long run when you see liquid on your skin. It's nothing to worry about. That liquid is sweat, one of the body's responses to exercise.

When you work hard, your body gets warm. Your brain then tells your body to produce sweat. The harder you exercise and the hotter it is, the more you need to sweat.

As the sweat on your skin evaporates, your body cools down. Because of this evaporation, people who exercise need to make sure they drink enough liquid, especially water, to replace the liquid they lose when they sweat.

Key Notes:

What is sweat?

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