

Activity 45

Exercise and Fitness

Regular exercise, combined with good nutrition, enables you to enjoy the benefits of fitness.

Directions: For each topic listed below, write a complete sentence describing the benefits of fitness.

1. Self-esteem: _____

2. Appearance: _____

3. Energy: _____

4. Relaxation: _____

5. Stamina: _____

6. Stress: _____

7. Exercise: _____

