

# Keeping My Body Healthy

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## Exercise and Movement Review

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the questions about how exercise helps our bodies.

1. What helps our muscles grow strong? Circle the correct answer.

Sitting still

Exercise

Eating junk food

2. God designed our bodies to move and be active.

True

False

3. Draw a line from each activity to how it helps our body.

Running

Makes our hearts strong

Stretching

Keeps us flexible

4. We can thank God for our \_\_\_\_ bodies.

5. Which activity is a way to move? Circle the correct answer.

Jumping

Reading

Sleeping

6. Playing and moving makes us weak.

True

False

7. Exercise keeps us \_\_\_\_ and healthy.

8. Match the animal to how we can move like it.

Frog

Hop

Bird

Fly

9. What is a way to keep our body healthy? Circle the correct answer.

Exercising

Ignoring our body

Eating only candy

10. God wants us to glorify Him in our body and \_\_\_\_

### Answer Key

1. Exercise 2. True 3. Running 4. amazing 5. Jumping 6. False 7. strong 8. Hop 9. Exercising 10. spirit