




Look at the pictures to help you choose words to write in the spaces.


## Don't Forget to Exercise


Television is a great invention, isn't it? We can find out what's happening all around the  \_\_\_\_\_<sub>1</sub> and enjoy our favourite shows. In


between, we see adverts telling us what we can  \_\_\_\_\_<sub>2</sub>.


But what are we doing when we watch  \_\_\_\_\_<sub>3</sub>? Other

than using our  \_\_\_\_\_<sub>4</sub> and  \_\_\_\_\_<sub>5</sub>

we just sit! Healthy bodies need exercise. Also, most food adverts are about unhealthy foods, such as  \_\_\_\_\_<sub>6</sub> and

 \_\_\_\_\_<sub>7</sub>. Only a few food adverts talk to us about healthy food.

How much TV do you watch? If it's more than 20 or 30 hours each week, you need to  \_\_\_\_\_<sub>8</sub> down. Do more exercise to keep your

body healthy. Play outside, ask mum or dad to  \_\_\_\_\_<sub>9</sub>

you to school, do  \_\_\_\_\_<sub>10</sub> or self-defence

classes. It's fun and healthy. And it makes you feel good about yourself too!