

Get moving !

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1- Whats the reasons for higher rates of obesity ?

- 1- the growing popularity of fast food . 2- people would often walk school or work , but these days many more of us drive .
3- now we can buy almost anything without leaving the sofa by using the internet .

2- Quote the sentence which means that the girls dont do excercises ?

Girls in particualr often dislike P.E .

3- What are the excercises which we can do them to be healthy ?

We can walk fast , and more strenuoussit-ups .

4- what are the importants for excercises ?

1- its important to be healthy , 2- it strengthens the muscles . 3- exercise is a great way to cope with stress .

5- Write down the ways to do the exircises in our daily life ?

The best wayenjoy doing .

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