

Sport

**The Importance of Exercise**

**Task 1**

**A) Describe the benefits of exercise and keeping fit as part of a healthy lifestyle**

Physical …………………………………………………………………………………………………………………………………….…………………………………………………………………………………..……………………………………………………………………………………………………………

Social

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Mental

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**B) Explain why exercise it is important**

Exercise is important because ………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………….………………………………………………………………………………………………………………….………………………………………………………………………………………………………………….…….…………………………………………………………

You should include:

* Heart health
* Keeping muscles and bones strong
* Keeping mobile into later life
* Likely effects of poor level of fitness
  + obesity
  + heart disease

