

# Exercise



By: Maya Ron

# Baseball



I remember when I played baseball

# Basketball



When is the ball going to land in the hoop already?

# Rollerblading



Hey hey! Are you coming already?!

# Bicycle riding

Enjoy bicycle riding!

Who are you talking with on the phone?



Are those weights heavy?



# Volleyball



When is the ball going over the net already?!

# About Exercise

There are many different ways to exercise. You can play volleyball, roller blade or roller skate, run, bicycle ride, play basketball, hockey, etc. Exercise has many health benefits.

Volleyball helps you exercise because, volleyball increases your heart rate, uses the same large muscle group for 15-20 minutes. A volleyball match usually lasts 30-45 minutes. Volleyball requires constant movement on your feet and lots of energy. Playing volleyball targets your muscle in your legs, hips, back, and shoulders.

Roller skating is also a good exercise because, studies have shown that roller skating provides a complete aerobic workout and involves all of the body muscles, especially the heart. Roller Skating is equivalent to jogging in terms of health benefits and caloric consumption, reduction of body fat, and leg strength development.

In conclusion, exercise is good for you and you can do it in many different ways.