

Why is exercise so important?

Science

Miss Roberts



Exercise

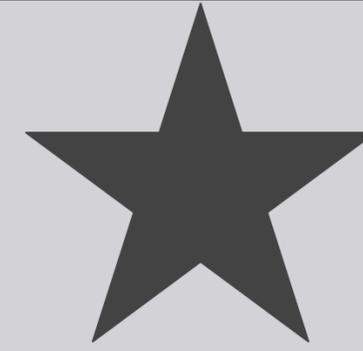
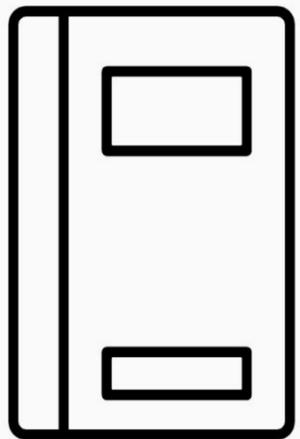
Exer _ _ _ _



Exercise



What is exercise?



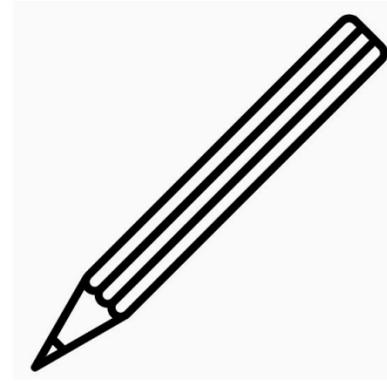
Physical activity

Increases

Heart rate



Exercise is important because...



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