

STOP LOOK & learn™

Exercise Can Be Fun

An Educational Coloring & Activity Book

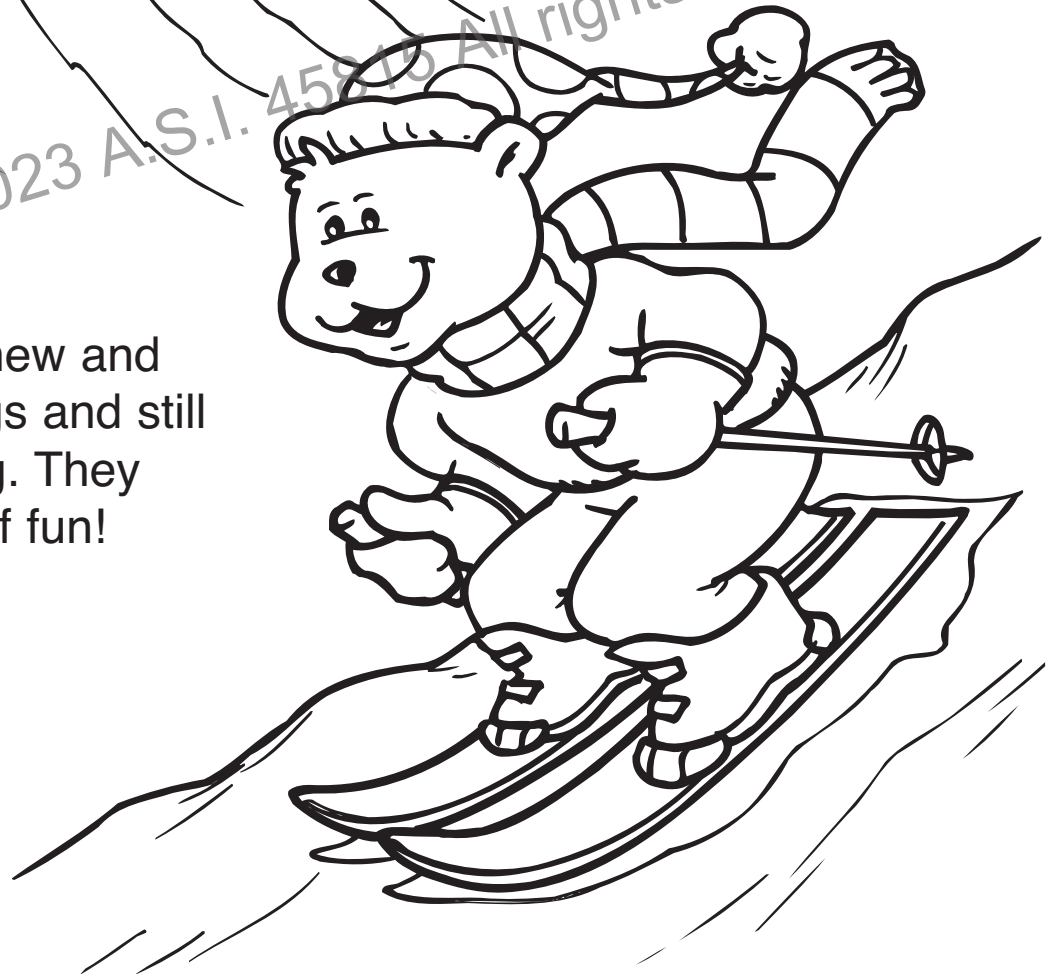




There are many ways to exercise. Sports and games are exercise too!

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You can try new and exciting things and still be exercising. They can be lots of fun!



- 1 = a
- 2 = b
- 3 = c
- 4 = d
- 5 = e
- 6 = f
- 7 = g
- 8 = h
- 9 = i
- 10 = j
- 11 = k
- 12 = l
- 13 = m
- 14 = n
- 15 = o
- 16 = p
- 17 = q
- 18 = r
- 19 = s
- 20 = t
- 21 = u
- 22 = v
- 23 = w
- 24 = x
- 25 = y
- 26 = z



Match the letters to the numbers and write the secret message!

5 24 5 18 3 9 19 5

8 5 12 16 19

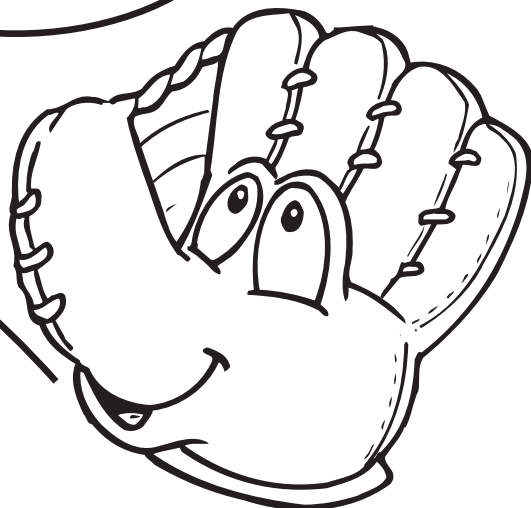
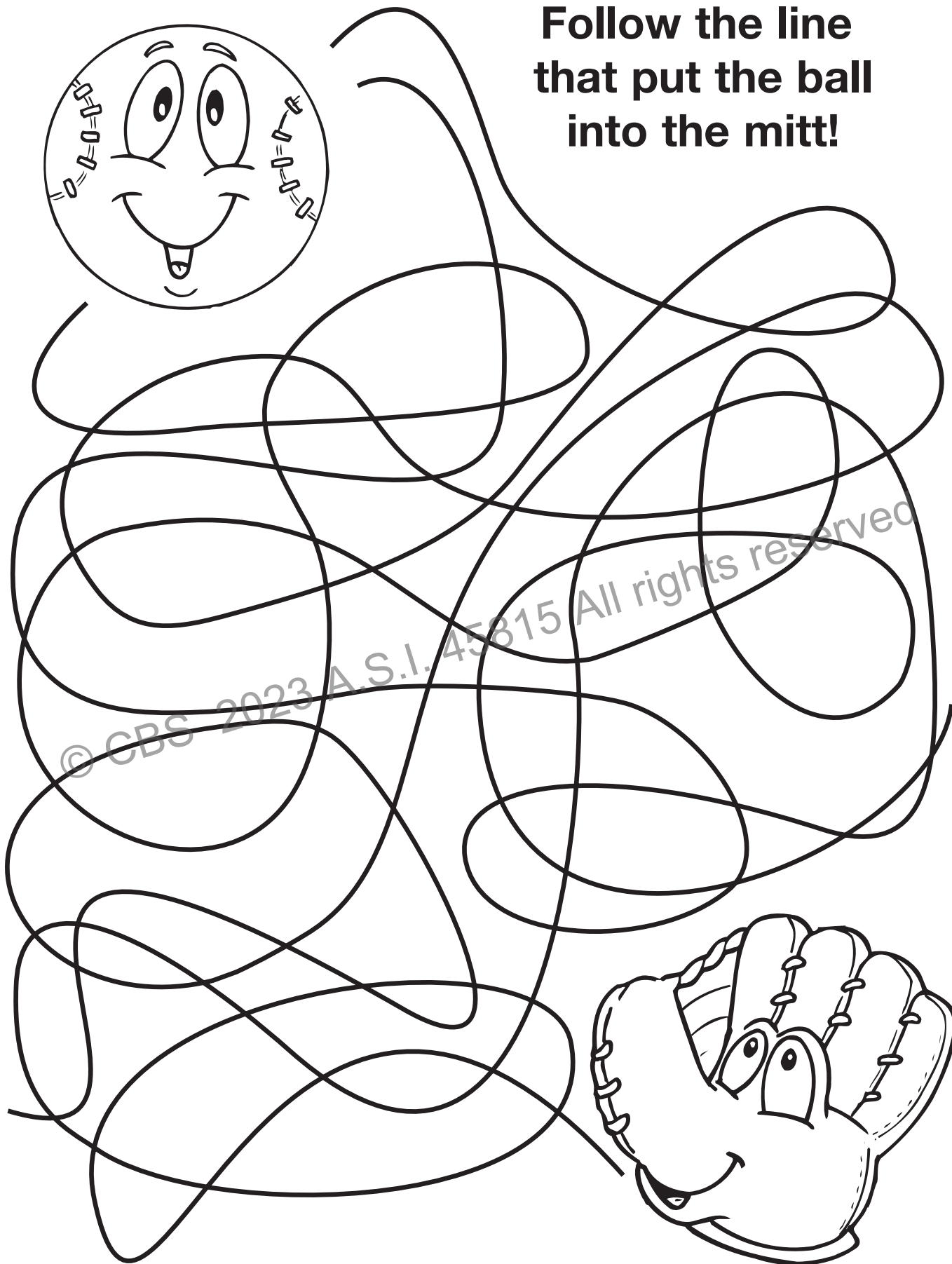
13 5 19 20 1 25

8 5 1 12 20 8 25 !

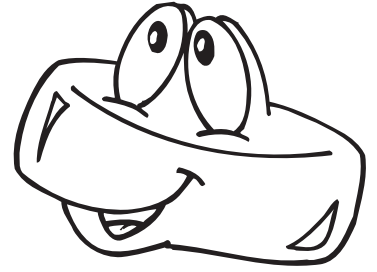
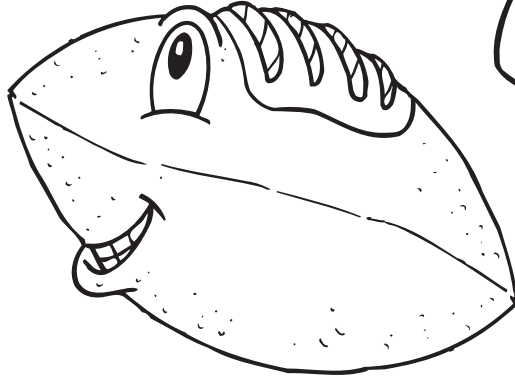
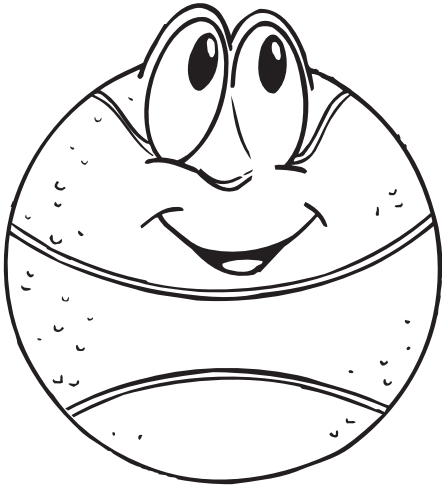


It is important to do stretching exercises before playing sports or doing other strenuous activities. This will help keep your muscles from getting sore or causing an injury.

**Follow the line
that put the ball
into the mitt!**



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Unscramble the words.

1.xceiesre _____

2.teabglevse _____

3.ebtbaksal _____

4.iminwmgs _____

5.tboalolf _____

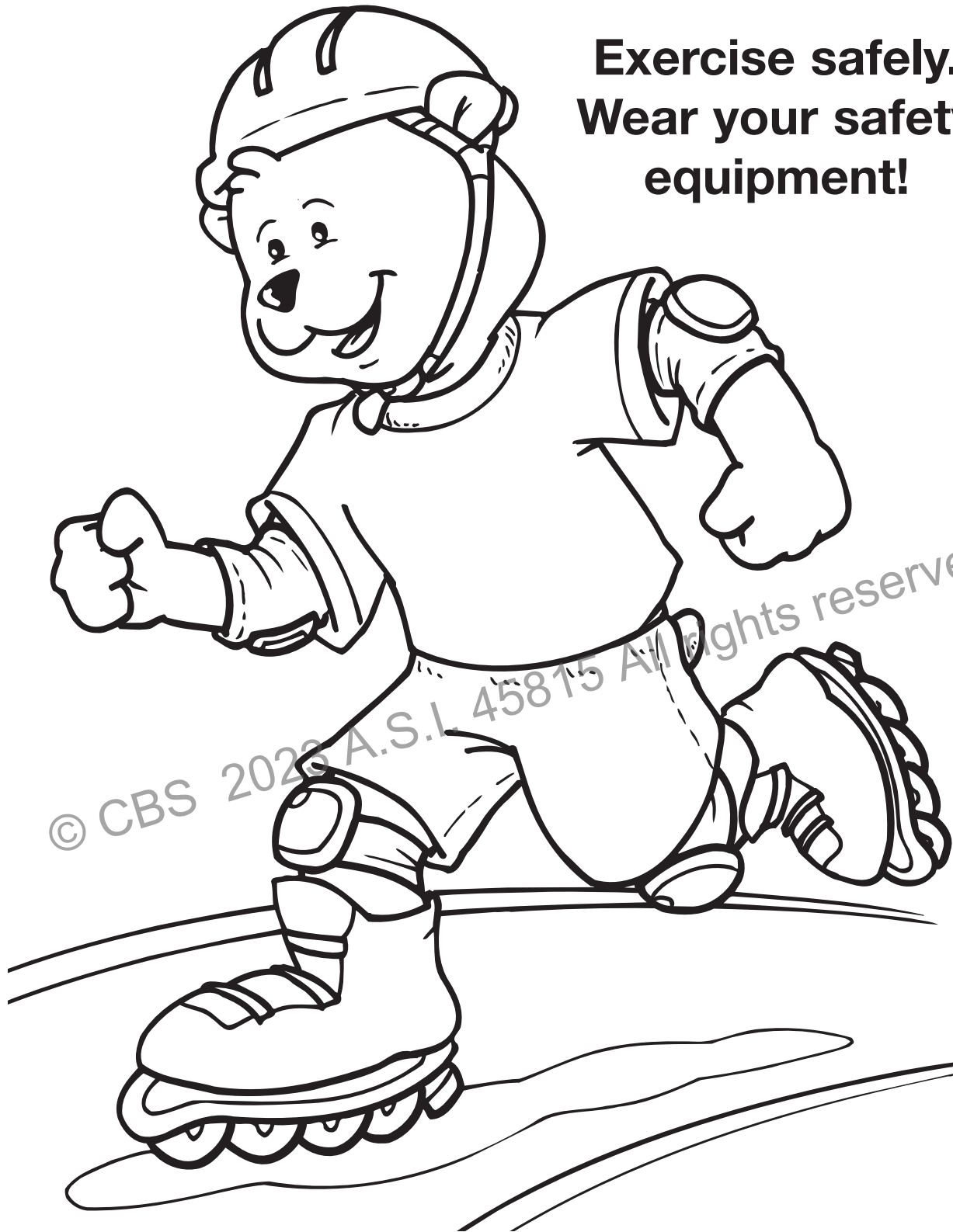
6.cekoyh _____

7.tahelyh _____

8.umiepetq _____

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**Exercise safely.
Wear your safety
equipment!**



It is important to use the correct safety equipment when exercising. Wearing your helmet, knee and elbow pads will help prevent injuries.



How many words
can you make
using the letters in

EXERCISE CAN BE FUN

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Mmmmm good!

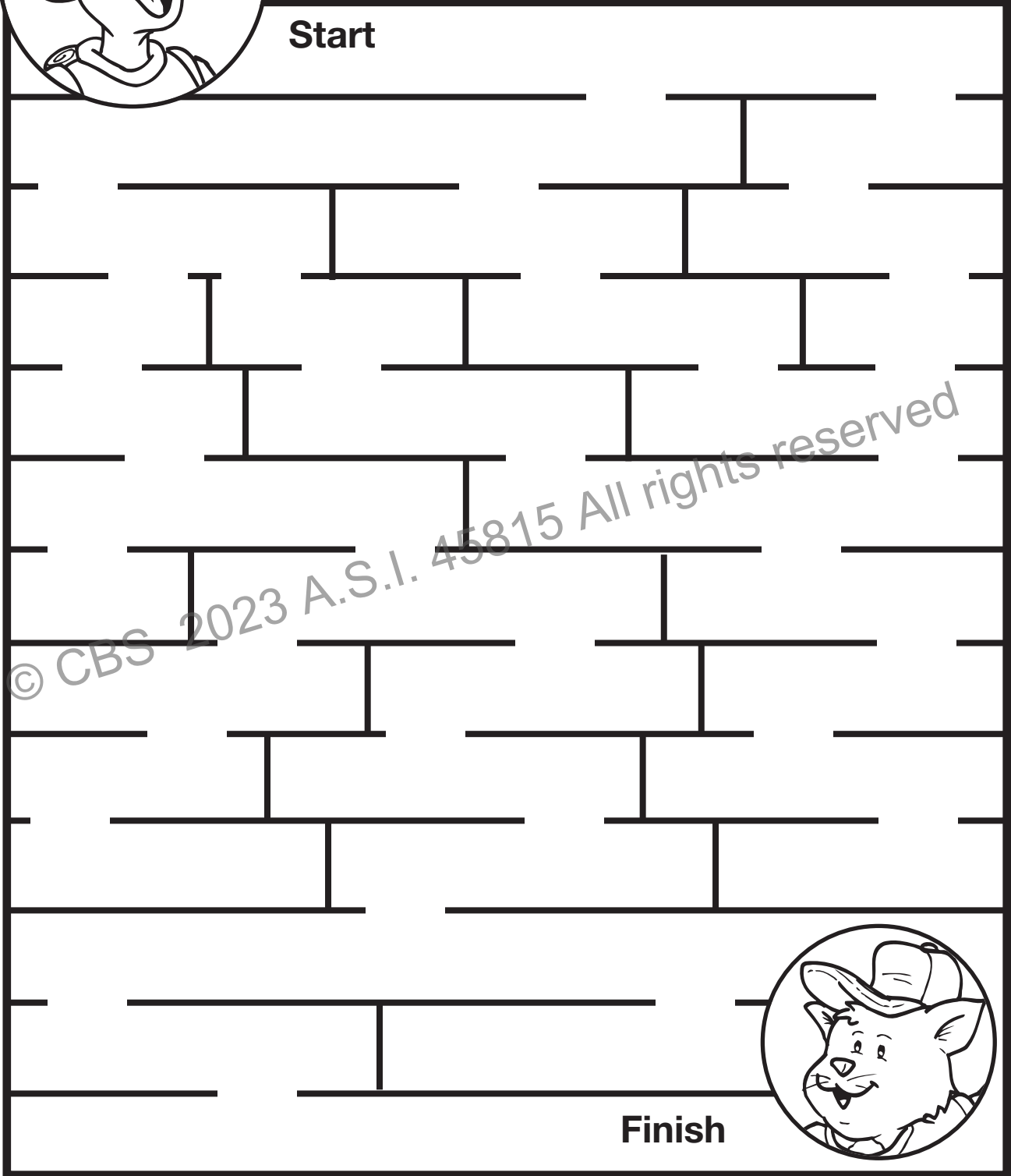


Eating a balanced diet of foods that are good for you is very important. A healthy diet will help you maintain your strength and give you more energy for exercising.

Find your way
through the maze!



Start



Finish



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Sleep tight!

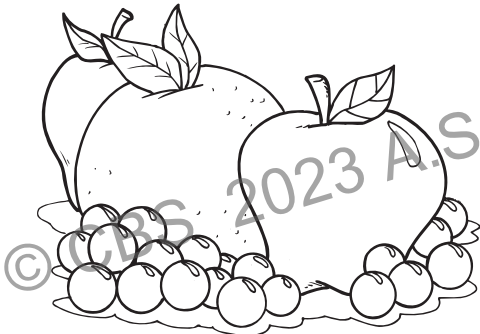


Your body is growing and it needs exercise, a balanced diet and rest. It is important to get enough sleep every night.

Can you fill in the missing words?

1. There are many ways to _____.
2. It is important to do _____ exercises before playing sports or doing other strenuous _____.
3. It is important to use the correct _____ equipment when exercising.
4. Eating a _____ diet of foods that are good for you is very important.

ANSWERS: 1. exercise 2. stretching, activities 3. safety 4. balanced



Fill in the missing letters.

1. ve__et__bl__
2. e__er__is__ng
3. s__im__i__g
4. ex__it__ng
5. sk__te__oa__d
6. __tr__t__hing
7. pl__yi__g
8. ac__iv__ti__s

ANSWERS: 1. vegetable 2. exercising 3. swimming 4. exciting 5. skateboard 6. stretching 7. playing 8. activities

Have fun!



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Exercising regularly will help your muscles grow stronger and more flexible. Exercising helps build up your energy.



**Find and circle the words
in the puzzle.**

VEGETABLE

EXERCISE

BIKE

HOCKEY

BASEBALL

DIET

TENNIS

RUNNING

STRETCH

GOLF

T A M S T R E T C H H
V E G E T A B L E A O
R I N K A H A N X N C
U B Q N B T S C E D K
N A E P I N E B R B E
N J W A K S B D C O Y
I P N S E A A L I J A
N R C Q T S L G S E N
G O L F J V L C E D T

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Thanks for exercising with me!



Exercising is more fun when you do it with friends. Playing sports is a good way to exercise and have fun at the same time.



Exercise Can Be Fun

I, _____, will
(PRINT YOUR NAME)

make certain to get plenty of
exercise and rest. I will try and eat
a healthy, balanced diet every day.

I want to grow up healthy!

(YOUR SIGNATURE)