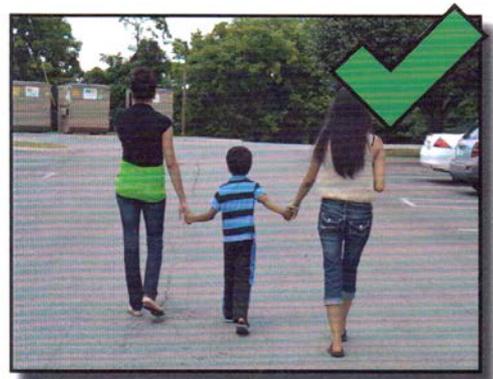


Exercise

Exercise is an important part of a healthy lifestyle.

Common types of exercise include *

- walking
- jogging
- lifting weights



Other Ways to Exercise

- cleaning your house
- walking to the store or bus stop
- dancing
- swimming
- playing sports (like soccer)
- riding a bicycle

