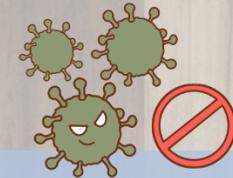


WHY DO PEOPLE NEED TO EXERCISE REGULARLY?



EXERCISING REGULARLY IS IMPORTANT TO IMPROVE YOUR HEALTH LIKE:

- STRENGTHENING YOUR MUSCLES.
- CHANGING YOUR MOOD.
- IMPROVING HEART HEALTH.
- GETTING A LONGER AND HEALTHIER LIFE.
- FIGHTING DIFFERENT KINDS OF DISEASES.
- STRETCHING DIFFERENT BODY PARTS.



WHAT TIMES SHOULD WE MOSTLY EXERCISE?



WE SHOULD EXERCISE
REGULARLY MOSTLY ON:

SUNRISE
MORNING
EVENING



-
-
-
-



WHAT EXERCISES SHOULD WE DO?



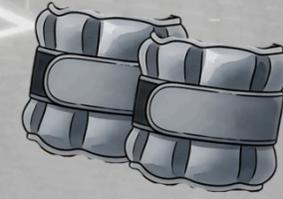
MOST PEOPLE OR FAMILIES DO:

- PHYSICAL ACTIVITIES.
- STRETCHING DURING THE MORNING.
- JOGGING WITH FRIENDS OR FAMILY.
- WALKING AROUND THE HOUSE.

YOU CAN ALSO SELECT A SPORT YOU ALREADY KNOW OR A NEW ONE YOU WANT TO TRY OUT.



WHY SHOULD WE HAVE SAFETY GEAR AND WHAT SAFETY GEAR SHOULD WE USE FOR A SPORT?



PEOPLE USE SAFETY GEARS IN SPORTS SO THEY WON'T GET INJURED AND DOING A DIFFICULT EXERCISE WITHOUT A GEAR MAY BE HAZARDOUS, SOME COMMON SAFETY

GEARS ARE:

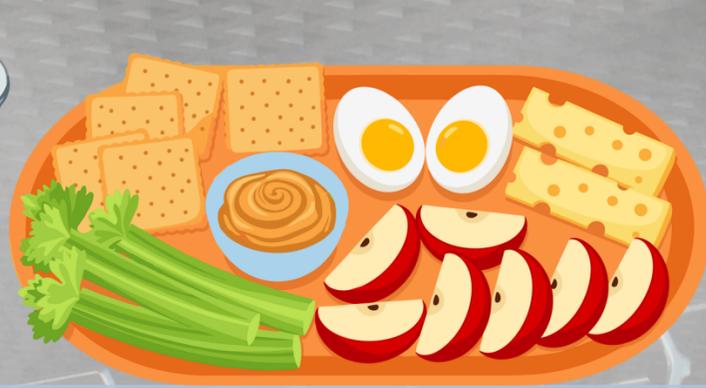
- HELMETS
- KNEEPADS
- ARM PADS
- MOUTHGUARDS
- SWIMMING CAP
- GOGGLES
- FLIPPERS
- ANKLE GUARDS
- GLOVES
- COMFY SHOES



EVEN THOUGH YOU ARE A PROFESSIONAL, YOU STILL NEED TO WEAR GEARS.

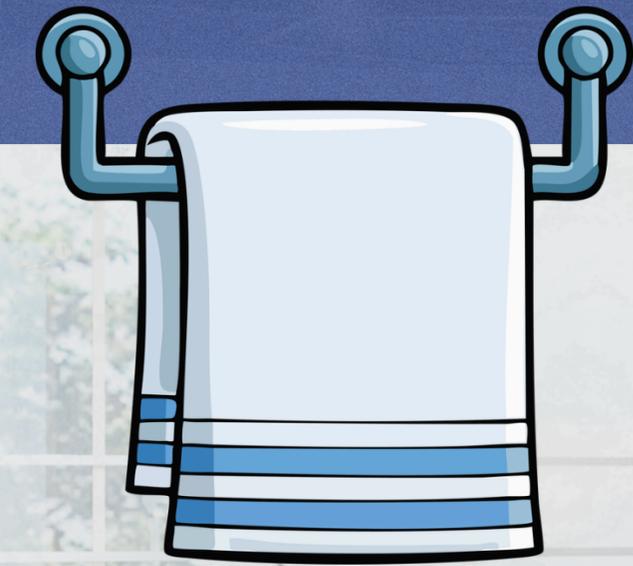


WHAT SHOULD WE PACK BEFORE AN EXERCISE?



YOU SHOULD PREPARE THE FOLLOWING:

- EXTRA CLOTHES IN CASE YOU GET SWEATY.
- A TOWEL FOR SHOWERING AFTER SWIMMING OR WHEN YOU GET SWEATY.
- A HAIRBRUSH OR A COMB FOR BRUSHING WET HAIR.
- A SNACK SO YOUR STOMACH WON'T HAVE TO WAIT BUT IT HAS TO BE HEALTHY.
- SOME MATERIALS THAT ARE NECESSARY FOR THE KIND OF EXERCISE.
- A WATER BOTTLE.



WHAT TO DO WHEN WE GET INJURED DURING AN EXERCISE?



WHEN WE GET INJURED WE USUALLY PANIC, BUT THAT IS NOT THE SOLUTION, YOU HAVE TO :

- DIAL THE NUMBER 911.
- SHOUT OUT FOR HELP.
- DIAL A FRIEND OR FAMILY IF 911 DOES NOT WORK.
- IF YOU ARE ALONE AND YOU BROKE YOUR LEG, TRY TO CRAWL IN A PLACE WITH PEOPLE.



EVEN THOUGH WE WEAR GEARS WE CAN STILL GET INJURED.

HOW TO EXERCISE IF YOU ARE BUSY DOING OTHER STUFF?



WE CAN STILL EXERCISE REGULARLY EVEN THOUGH WE ARE BUSY BY:

- SETTING SCHEDULES FOR WHEN YOU ARE GOING TO EXERCISE AND ALSO ENSURE THAT YOU WILL DO IT ON THE EXACT SAME DAY
- DOING EXERCISING FOR A SHORT PERIOD OF TIME AND CONTINUING THE FOLLOWING DAY.
- DOING CHORES IF THERE IS NO TIME.



WHEN WE SET SCHEDULES WE SHOULD NOT DEVIATE FROM IT.

CONCLUSION

*Thank you
for reading!*



**STAY
ACTIVE!**



**WE SHOULD ALWAYS
EXERCISE REGULARLY
TO IMPROVE OUR
HEALTH. IF WE DO
NOT EXERCISE
REGULARLY WE WILL
GET SICK EASILY.
THANK YOU FOR
READING!**



