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Go to the link below. Read the short article and answer the questions below.

**http://www.kidshealth.org/kid/stay\_healthy/fit/work\_it\_out.html**

**1. What does aerobic exercise mean?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**2. What activities are aerobic exercises?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**3. What are the activities given to build strong muscles?\_\_\_\_\_\_\_**

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**4. What does it mean to be flexible?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**5. What are endorphins?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**6. Label what type of exercise these athletes are demonstrating.**

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