

# Benefits of Exercise

Non-Fiction Article

PDF & Digital Formats



**2 Peas and a Dog**  
Middle School Teaching Resources

# RESOURCE INCLUDES

- Lesson Plan
- Teacher Instructions
- Individual PDFs for Google Drive
- Google Slides for 1:1 Schools
- Audio files of the articles
- Pre-reading K-W-L chart
- Non-fiction article (modified and regular text)
- 3 Post reading activities
  - ✓ Comprehension questions
  - ✓ Grammar questions
  - ✓ Long response writing

# EXAMPLE PAGES

## K-W-L CHART

Topic:

K	W	L
What do I already know about this topic?	What do I want to know about this topic?	What new things did I learn about this topic from the article?

## BENEFITS OF EXERCISE

Exercise is beneficial to everyone, whether you are young or old or somewhere in-between. Living an active lifestyle has been proven to result in a longer lifespan. As long as you're regularly moving your body, you can be the best version of yourself.

### What is Exercise?

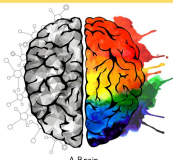
Exercise is a type of movement that works your muscles. Exercise can be done in many different forms. A few examples of exercise are: walking, bicycling, swimming, sports, and aerobics.

### Benefits of Exercise

Exercise has many benefits. It is very important for children and teens to exercise regularly, as exercise helps with movement skills, building stronger bones and assists with concentration at school. This article will explain 4 additional key benefits of exercise.

### Happiness

Exercise makes people happier. This is because when people exercise, the hormones serotonin, norepinephrine and endorphins are released into the brain. Serotonin and norepinephrine reduce feelings of depression and



A Brain

anxiety, while Endorphins increase positive feelings, leading to overall happiness.

### Brain Function

Exercise can also help with brain function. By exercising, your heart rate increases, which then allows more blood and oxygen to reach your brain. During this process, your body will also raise the level of hormones being produced. These hormones assist in the growth of brain cells, resulting in a happy, healthy brain.

### Chronic Diseases

Many people who are overweight are at risk for diabetes, heart disease and high blood pressure. Studies show that with regular exercise, people are less at risk for these chronic diseases.

## SAMPLE ANSWERS

Explain the screen time and sleep recommendations from Sick Kids hospital.

It is important not to rely on exercise alone to keep a person healthy. Healthy eating habits, sleep quality and limiting screen time are also key factors in staying healthy. The Hospital for Sick Children in Toronto, Ontario (commonly known as Sick Kids) recommends that children and teens spend no more than 2 hours a day using screens.

They also recommend that children and teens get a proper amount of uninterrupted sleep each night. Children ages 5 to 13 need 9 to 11 hours of sleep. Teens ages 14 to 17 need 8 to 10 hours of sleep.

What is your preferred form of exercise? Why?

Answers will vary by student. Look for a clear explanation of why the student likes this exercise.

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**K**

**W**

**L**

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**PREVIEW**

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