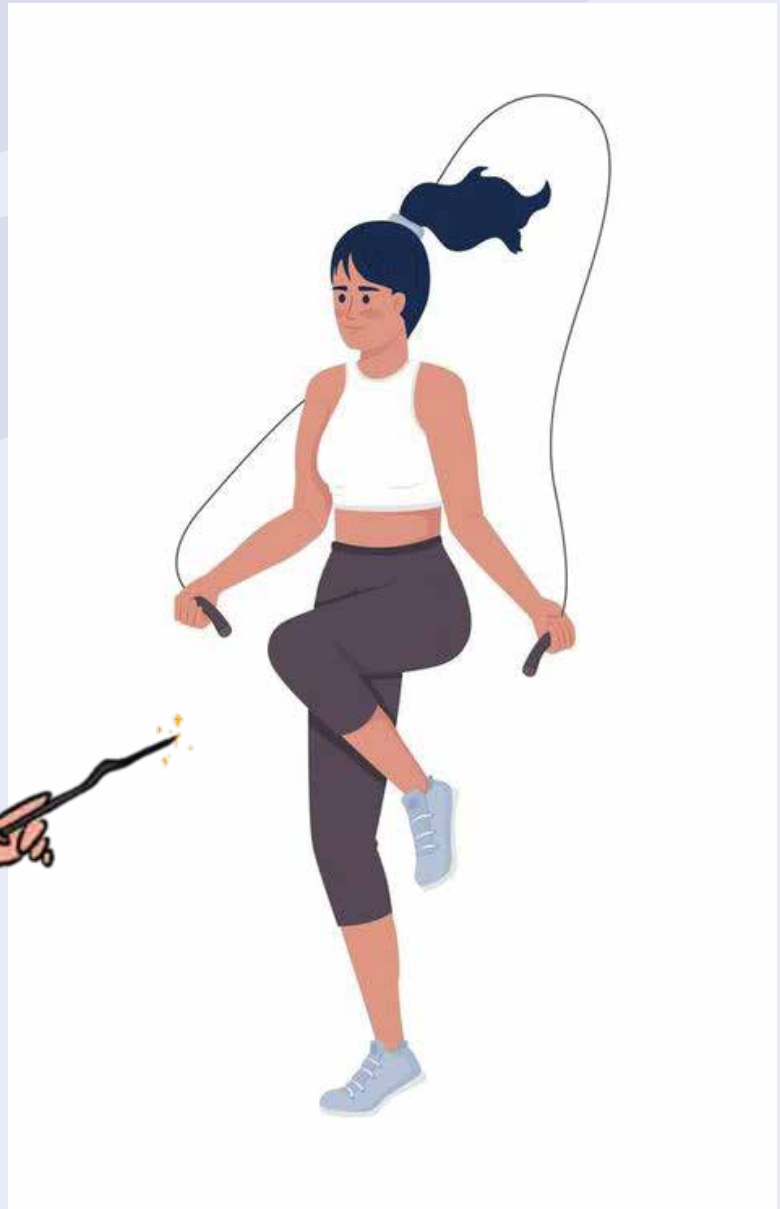
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WHAT HAPPENS WHEN YOU STOP EXERCISING?

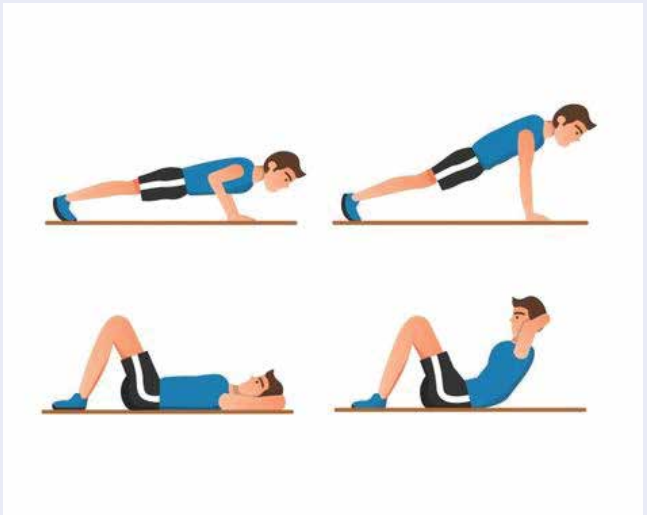
CHAPTER 3



ALL OF US NEED TO EXERCISE!









ALL OF US NEED TO EXERCISE!



Exercise keeps your muscles strong

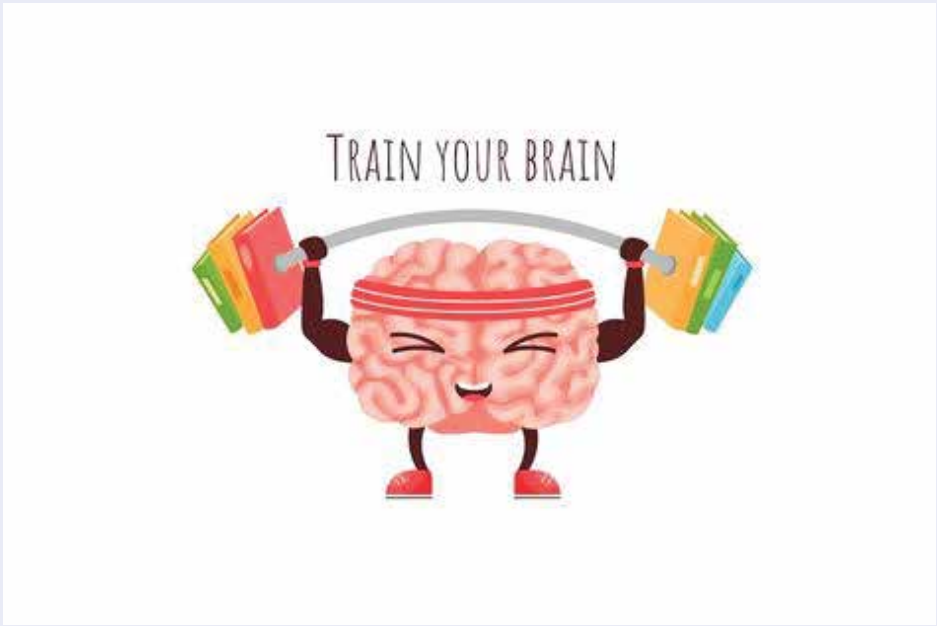


It helps your heart stay healthy

ALL OF US NEED TO EXERCISE!



Exercise gives you energy and helps you sleep better.



Makes you happy and helps your brain think better.

SO, WHAT HAPPENS WHEN YOU STOP EXERCISING?

YOU FEEL TIRED OR LAZY ALL THE TIME

- If you don’t move our bodies, your muscles and heart get weaker.
- This makes it hard to run, play, or even climb stairs.





SO, WHAT HAPPENS WHEN YOU STOP EXERCISING?

YOUR BODY BECOMES WEAKER. SO YOU CAN GET SICK EASILY.

- Without exercise, your body cannot fight germs as well.
- This means you might catch colds or feel tired more quickly.



SO, WHAT HAPPENS WHEN YOU STOP EXERCISING?

EXERCISING MAKES US HAPPY. WITHOUT IT, WE CAN FEEL GRUMPY!

- When you move your body, your brain feels happy.
- If you stop exercising, you might feel sad or upset more often.





SO, WHAT HAPPENS WHEN YOU STOP EXERCISING?

YOUR MUSCLES AND BONES WILL NOT BE AS STRONG AS BEFORE

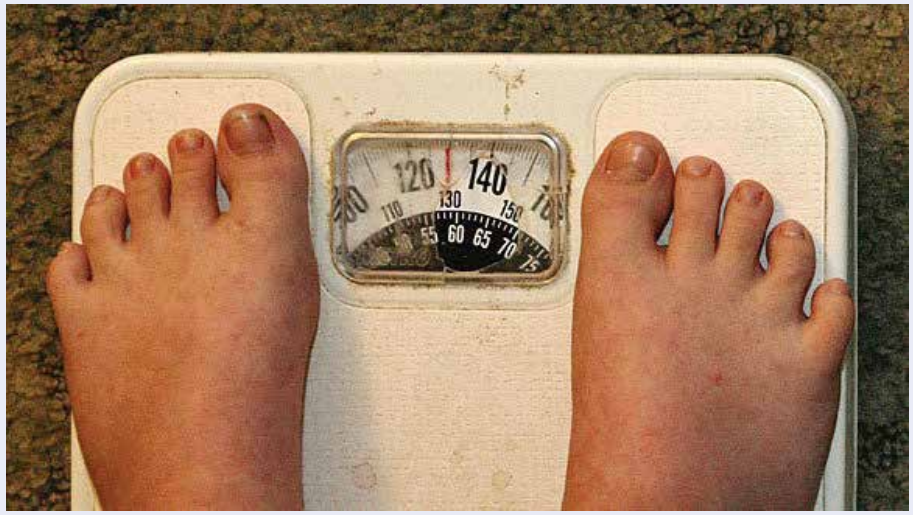
- If you do not move, your bones become weak.
- This means you might hurt yourself more easily when you fall.
- Also, the strong muscles you built by exercising become loose if you stop.



SO, WHAT HAPPENS WHEN YOU STOP EXERCISING?

YOU GAIN EXTRA FAT IN THE BODY

- The food you eat gives you energy. But when you stop exercising, your body's need for energy decreases.
- So, very little energy from your food gets used. This extra energy turns into fat.
- You feel heavier and less active.





WHAT HAPPENS TO ANIMALS WHO STOP EXERCISING?





Just like us, animals also need to move.

WHAT HAPPENS TO ANIMALS WHO STOP EXERCISING?





If a dog stops running or walking, it feels bored and unhealthy!

THAT IS WHY ALL OF US MUST EXERCISE EVERY DAY!

