# Exercise

Exercise is good for you. Exercise keeps you healthy. Exercise gets rid of stress. How do people exercise?

Some people work out at the gym. They lift weights. They do push-ups. They do sit-ups. They do chin-ups.

Some people exercise outdoors. They go jogging. They go swimming. They go hiking. They go cycling.

Some people play team sports. They play soccer. They play baseball. They play basketball. They play hockey.

lifting weights

doing push-ups

doing sit-ups

doing chin-ups