



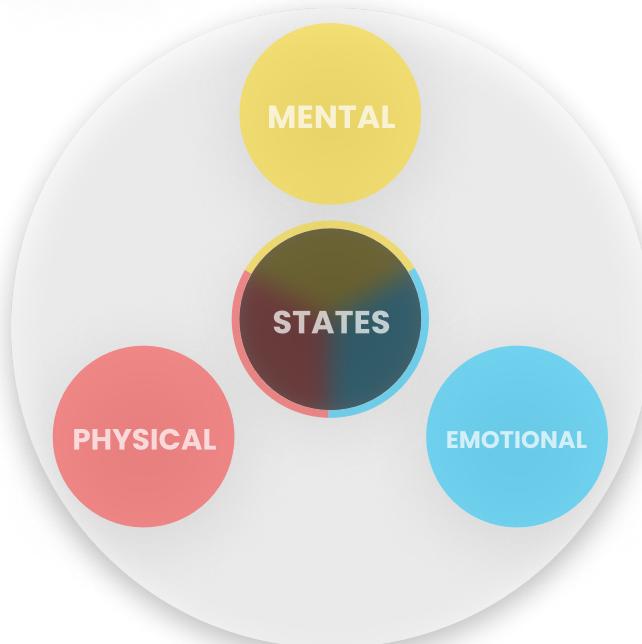
Exercise

Why Is It Important

Exercise is important because it helps you with being a healthy person. Exercise is also good for your body and can make you very strong. It is important to start it when you are young because if you start early it will be better in the future.

Physical / Mental / Emotional

Exercising is for your physical health because it helps with your body. Whereas mental and emotional are not related to your body.



Tools

Popular tools would be Peloton which is an exercise machine with a digital instructor in front of you that tells you what to do and motivates you to try harder. There are also exercise videos online on YouTube that you can follow. You can also try using a calorie tracker like MyFitnessPal, or a step tracker with an Apple Watch or a Fitbit.

