

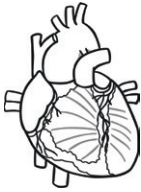
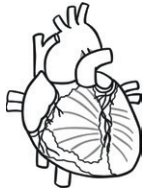










Being Active

Think about what happens to your body when you are active. Tick the correct box to show what can happen to the body during exercise.

 <p>Your cheeks might turn red.</p>		 <p>Your cheeks might turn blue.</p>	
 <p>Your heart will beat slower.</p>		 <p>Your heart will beat faster.</p>	
 <p>Your body may feel warmer.</p>		 <p>Your body may feel colder.</p>	
 <p>Your skin might feel dry.</p>		 <p>You may sweat.</p>	
 <p>You will not feel thirsty.</p>		 <p>You may need a drink.</p>	
 <p>Your breathing will remain steady.</p>		 <p>Your breathing may become harder and faster.</p>	