













What Happens to My Body When I Am Active!

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

<p>You might get hot</p> 		<p>You might be cold</p> 	
<p>You may need a drink</p> 		<p>You will not get thirsty</p> 	
<p>Your heart will beat slower</p> 		<p>Your heart may beat faster</p> 	
<p>Your breathing may become harder and faster</p> 		<p>Your breathing will remain steady or slow down</p> 	
<p>Your skin might feel wet</p> 		<p>Your skin will feel dry</p> 	
<p>Your cheeks will turn blue</p> 		<p>Your cheeks might turn red</p> 	

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