

# **Exercise for Good Health**

**Sight Word #32 for**

written by  
a human  
(for you :-)

# Stretching is good **for**



# many things

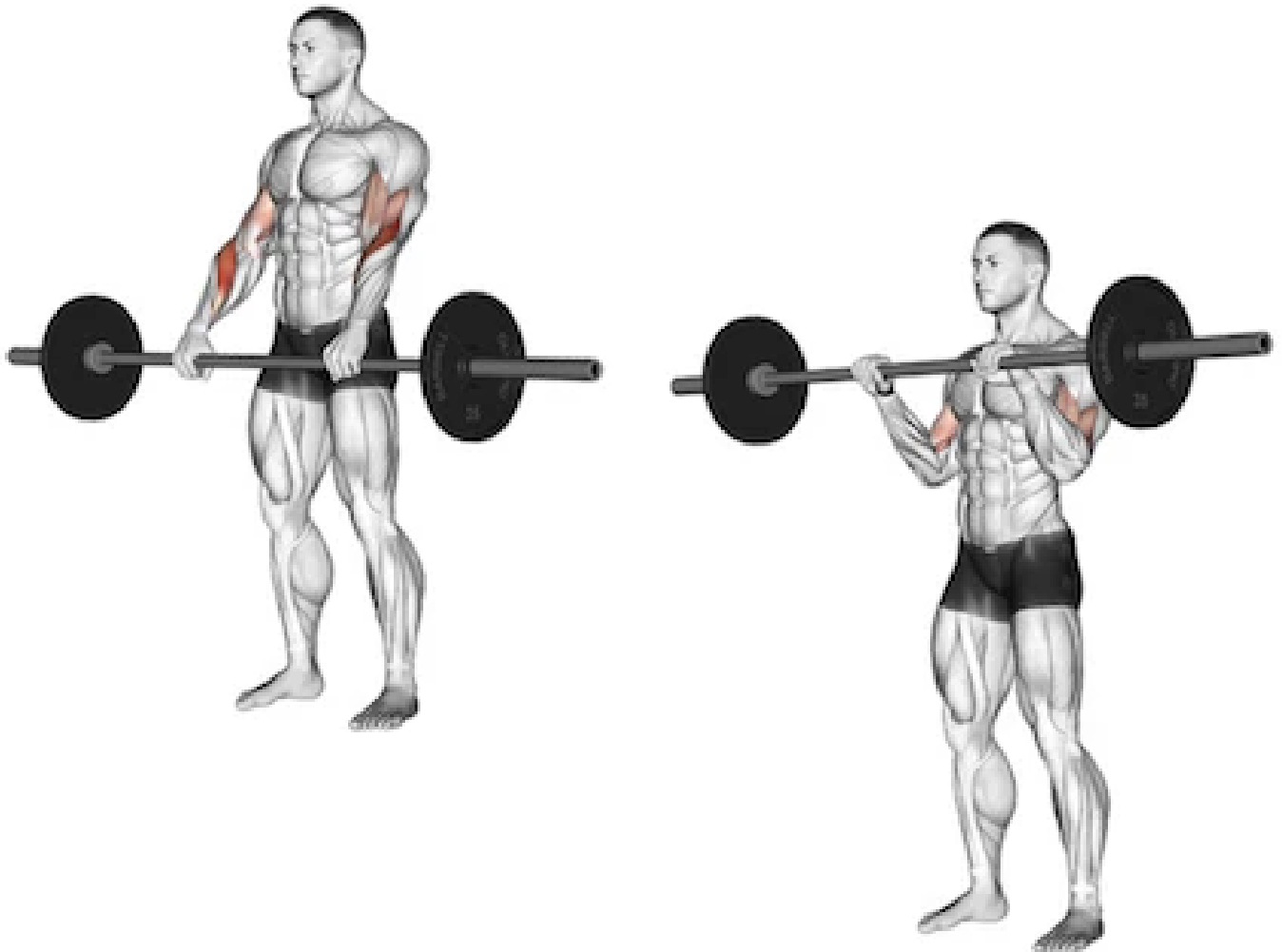
(flexibility, prevents injury, reduces soreness, blood circulation, etc).

Curls  
are good **for**



your arms  
(biceps).

# Reverse curls are good **for**



# your forearms.

Shrugs  
are good **for**



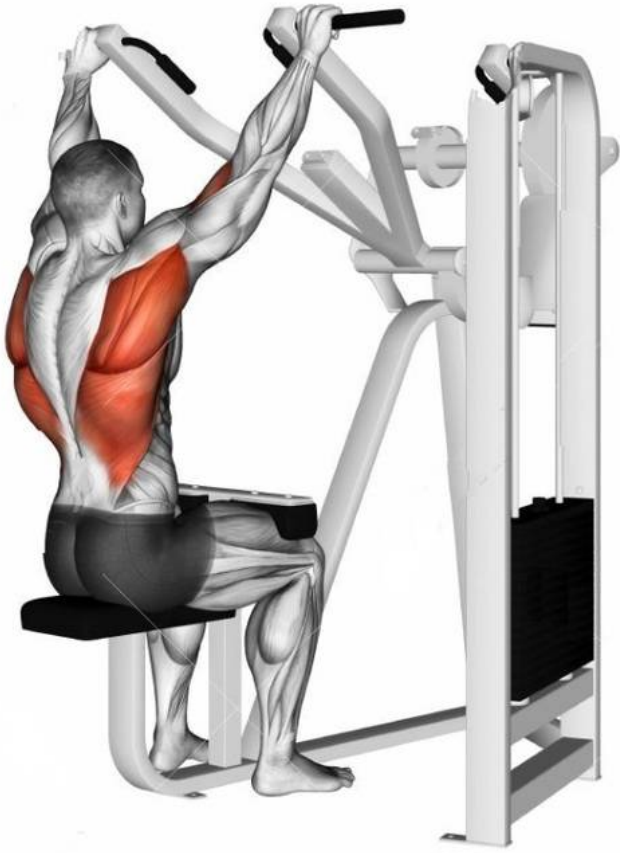
your traps  
(trapezius).

Behind the neck  
presses  
are good **for**



your traps  
(trapezius).

# Lat pulldowns are good **for**



# your back.

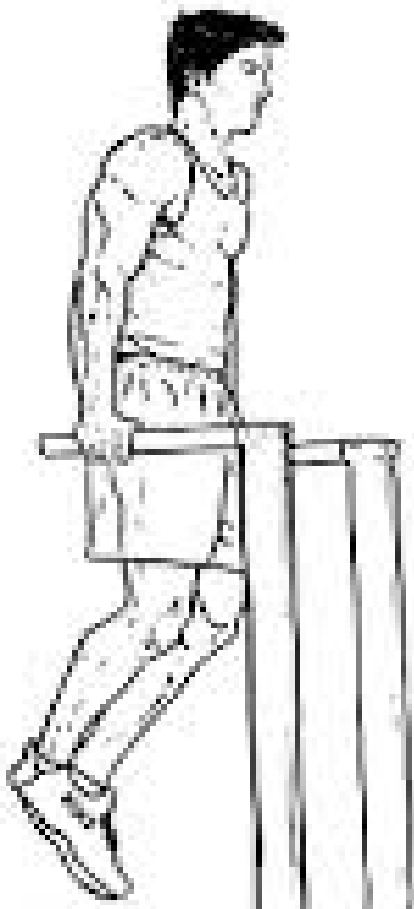
Chin-ups and  
pull-ups  
are good **for**



your upper body.

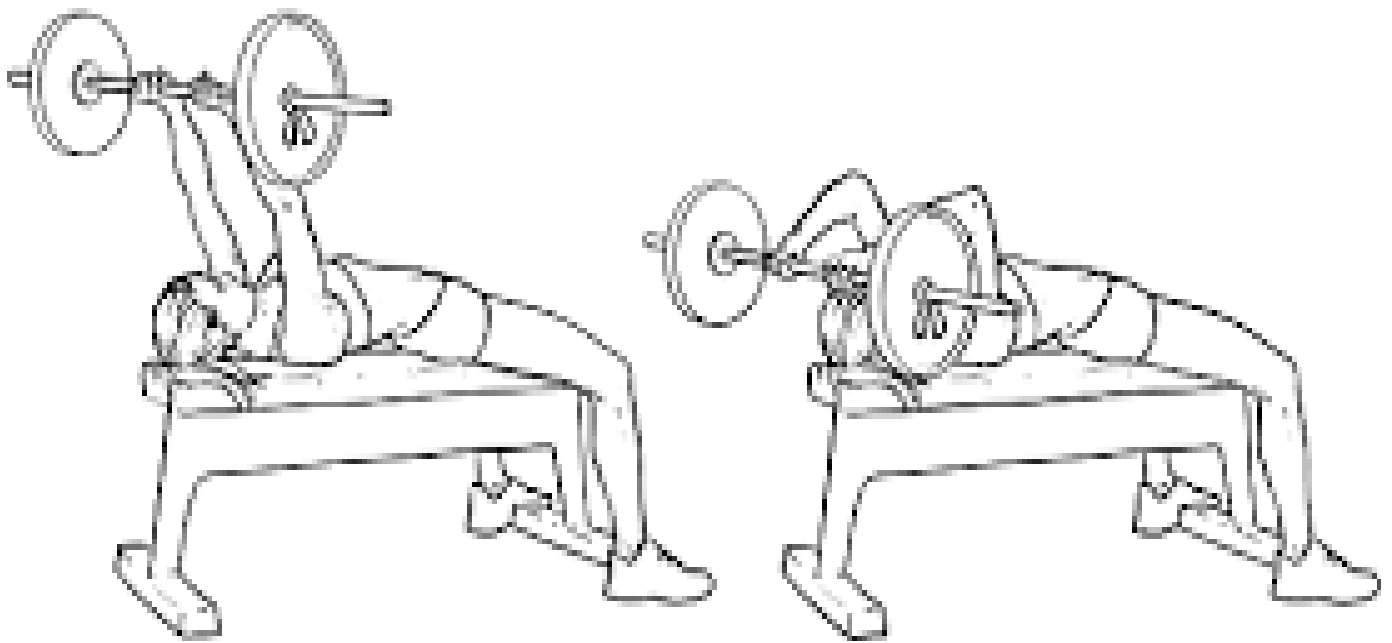


Dips  
are good **for**



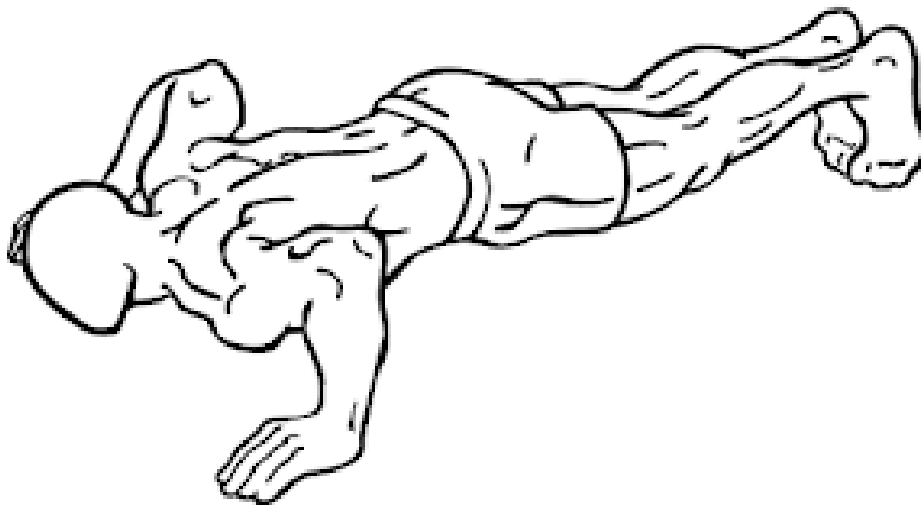
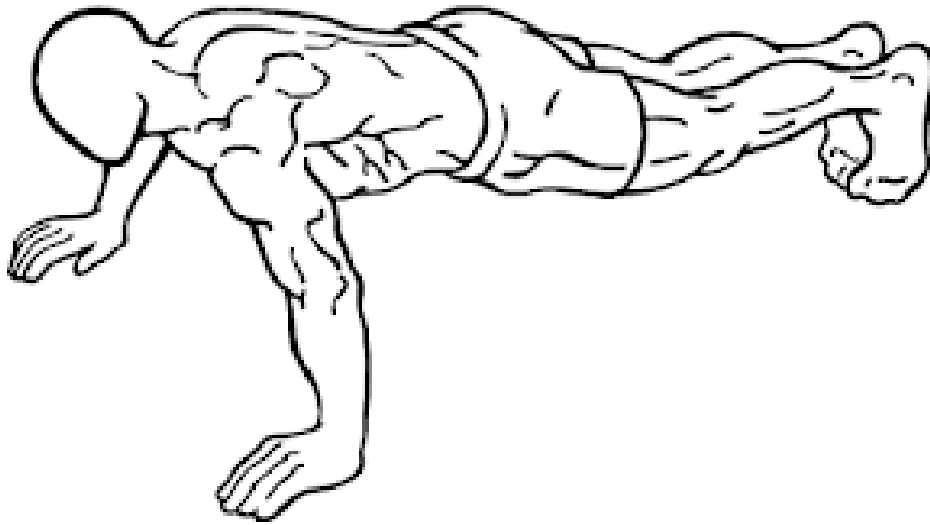
your upper body.

# Skullcrushers are good **for**



# your triceps.

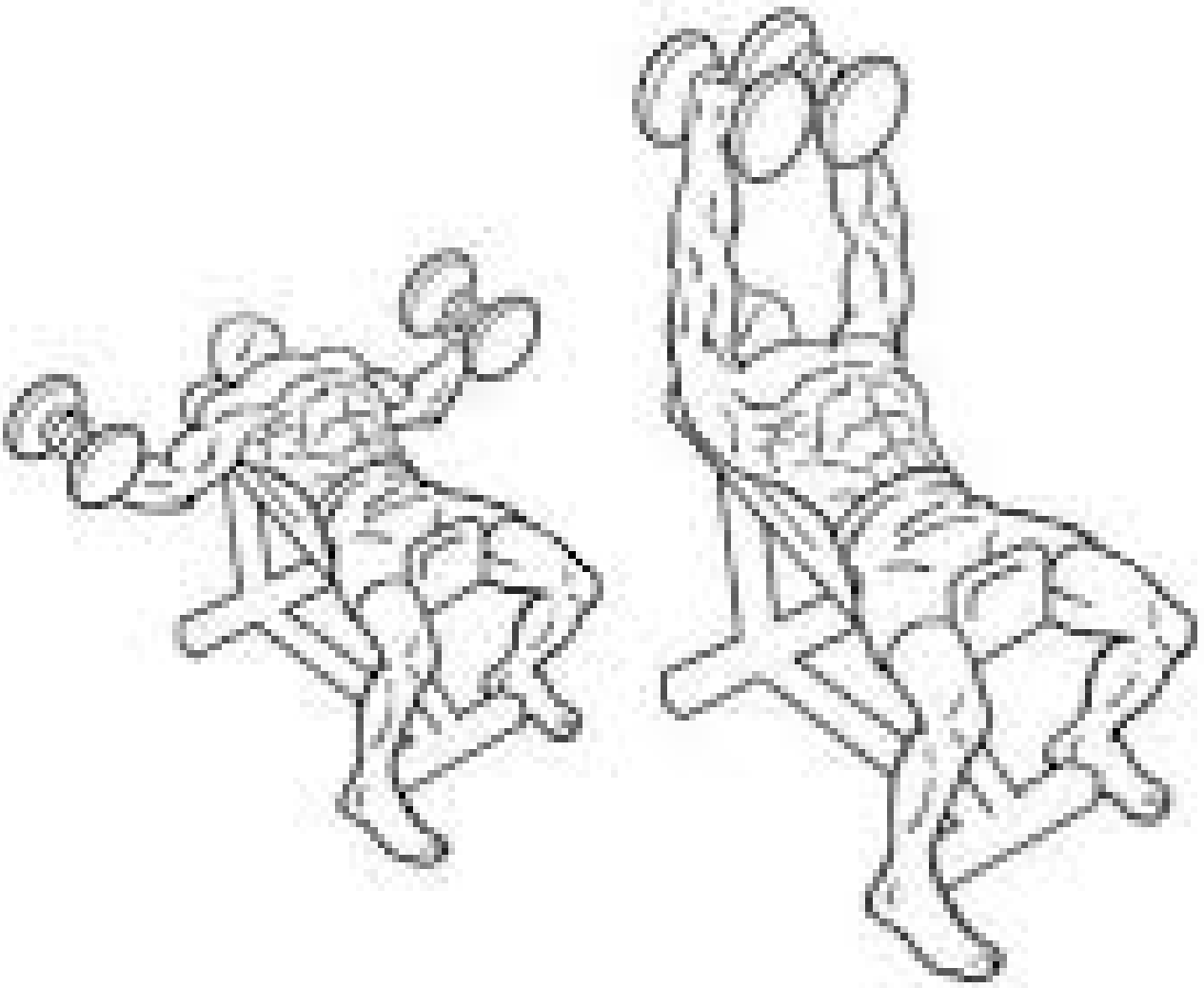
# Push-ups\* are good **for**



# your chest.

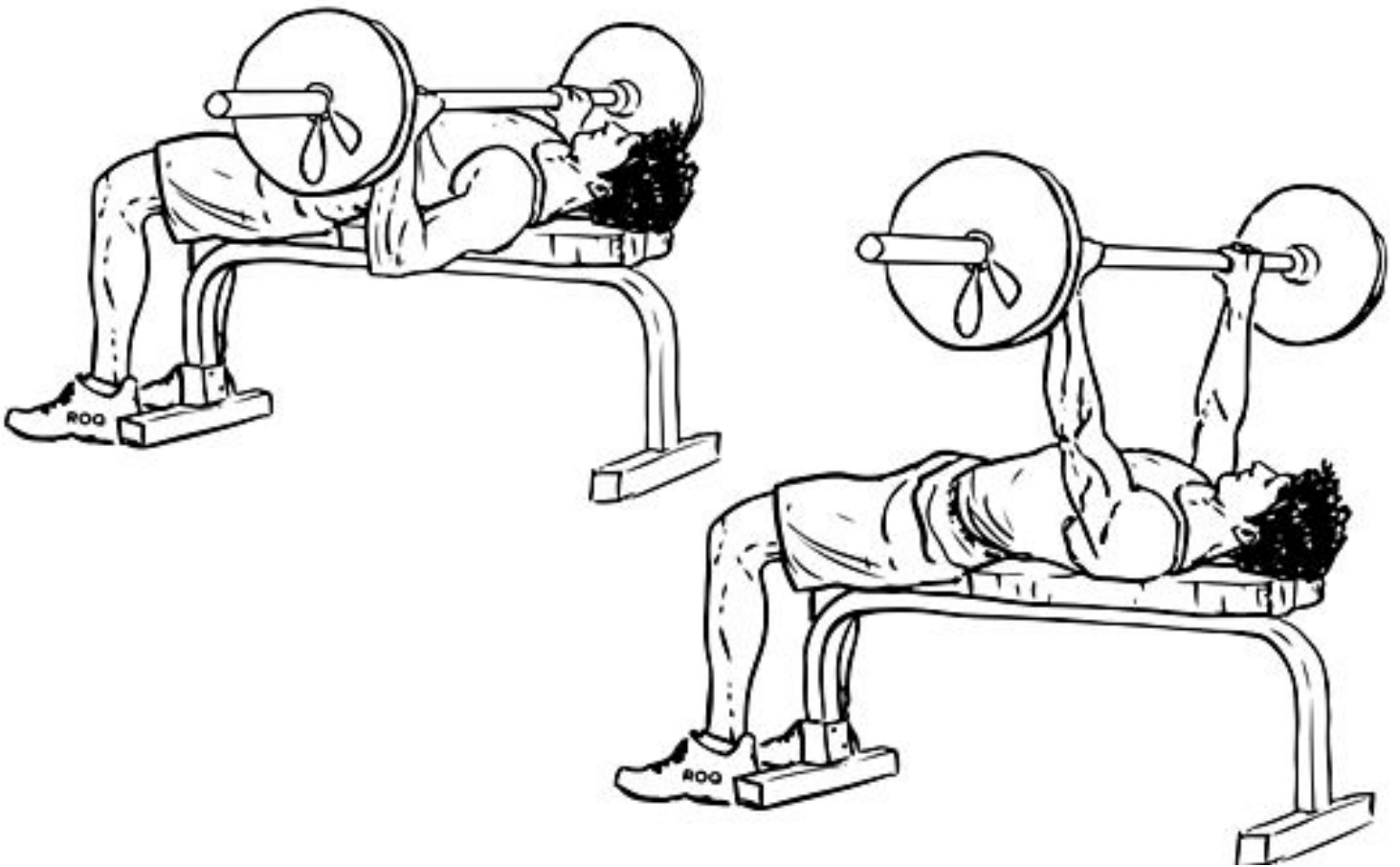
\* Also spelled pushups.

Dumbbell flies  
are good **for**



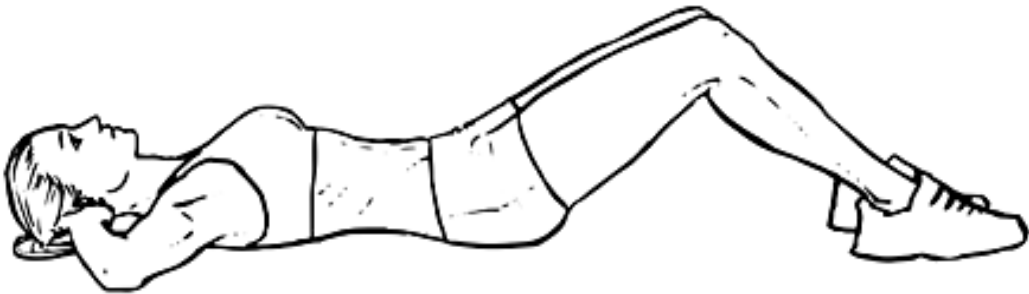
your chest.

# Bench presses are good **for**



# your chest.

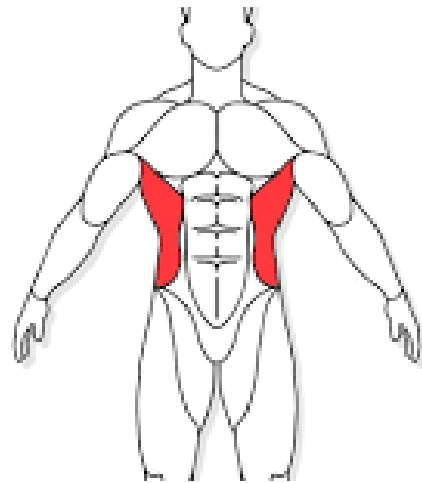
Sit-ups\*  
are good **for**



**your abs**  
(abdominal muscles).

\* Also spelled situp.

Side-to-side  
crossovers  
are good **for**



your obliques.

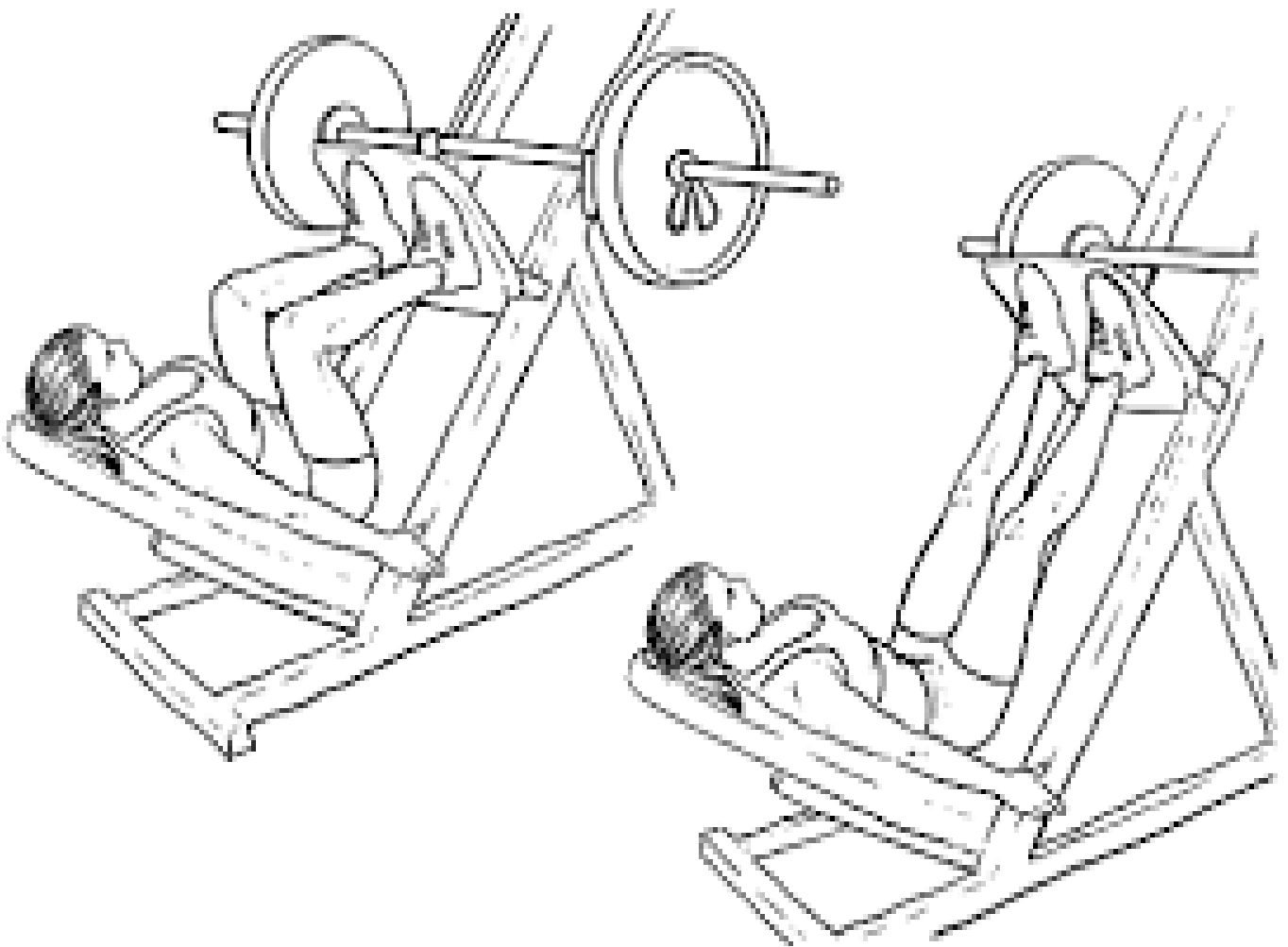
# Squats are good **for**



# your lower body.



# Leg presses are good **for**



# your legs.

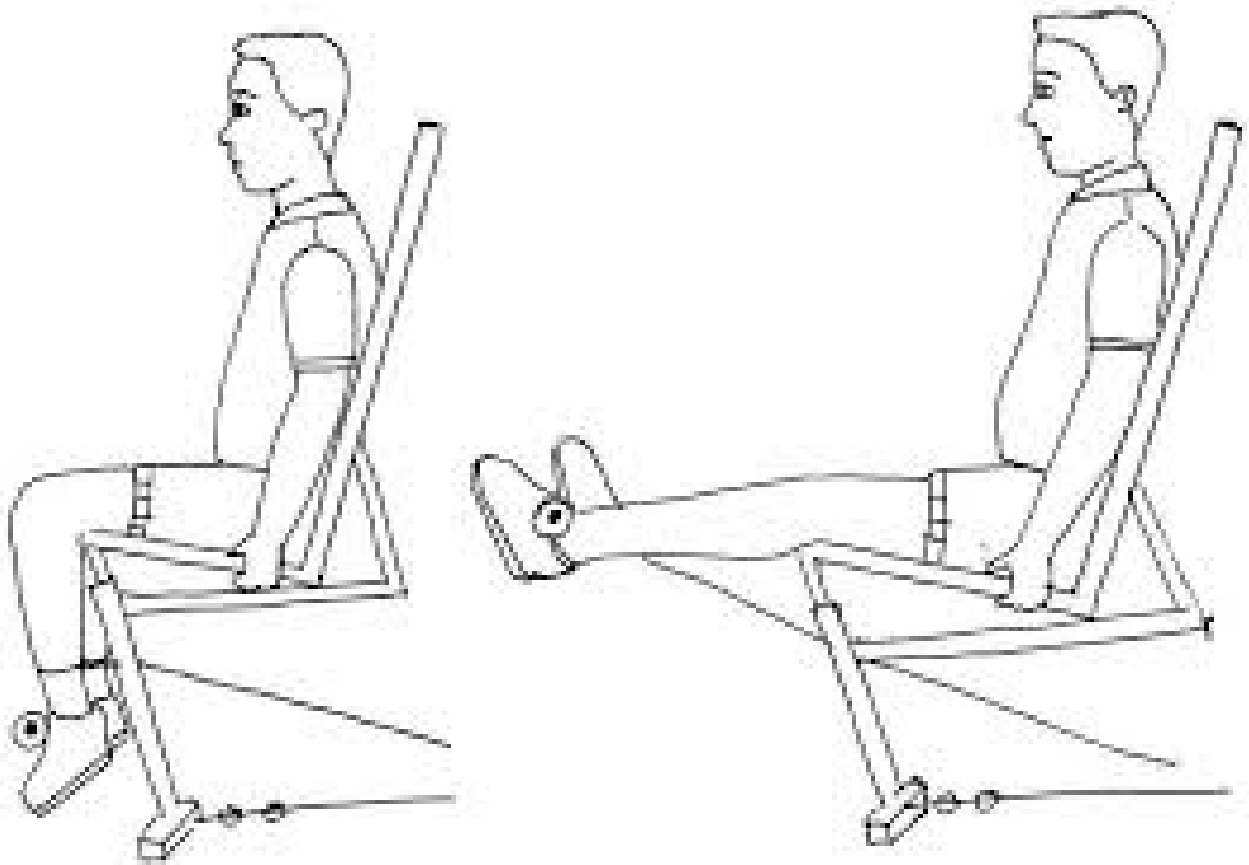
One-legged  
squats\*  
are good **for**



your legs.

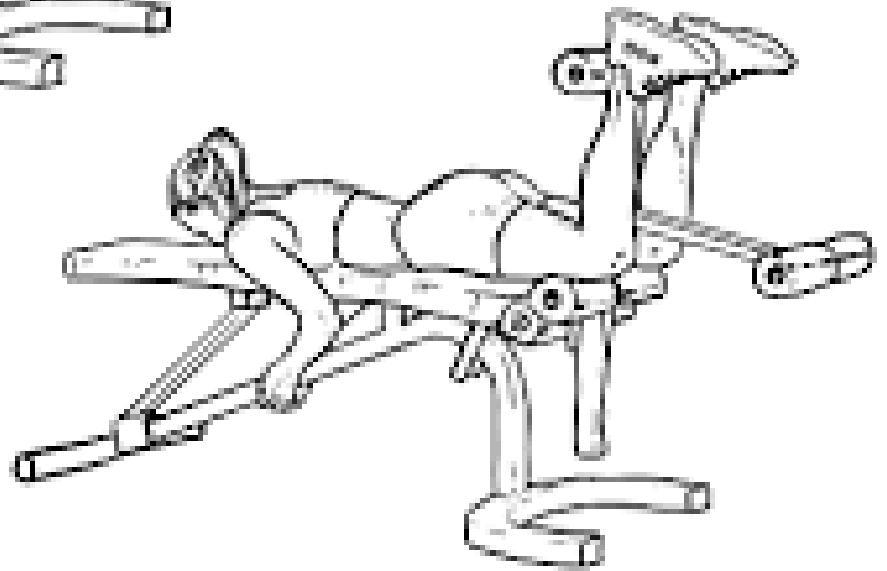
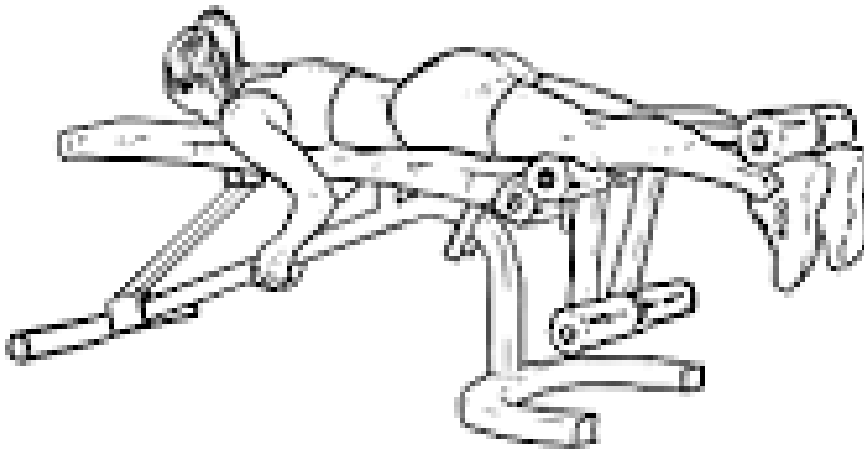
\* Also known as Bulgarian squats.

# Leg extensions are good **for**



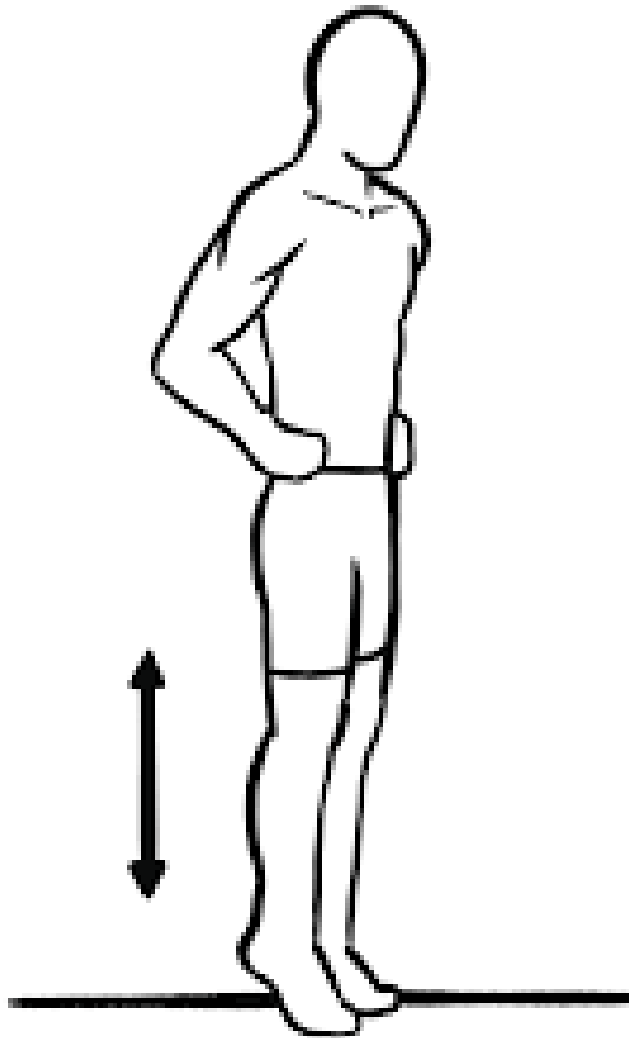
# your legs (quadriceps).

# Leg curls are good **for**



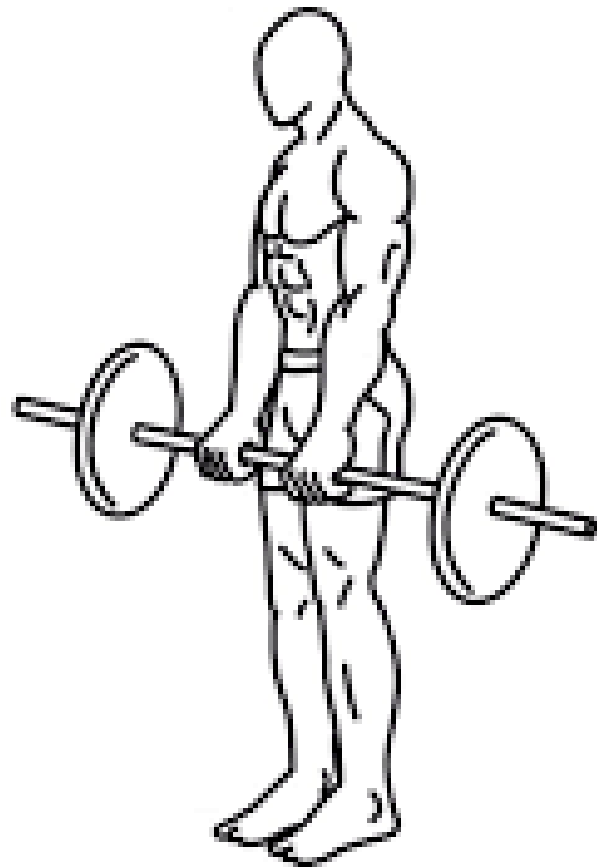
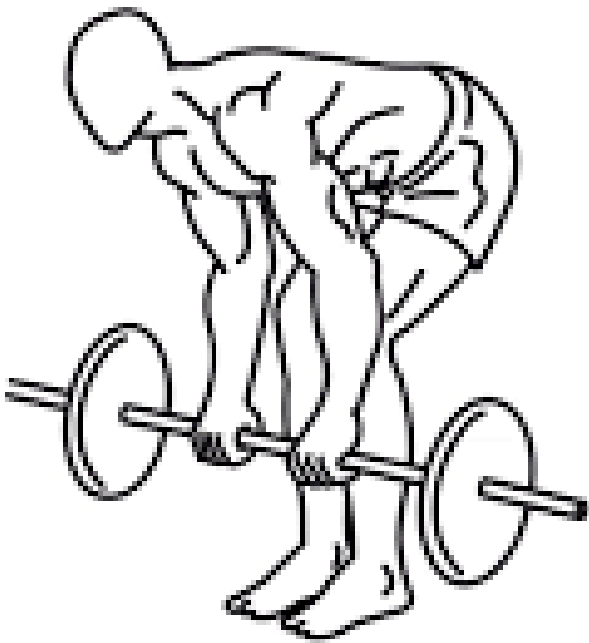
# your hamstrings.

Calf raises  
are good **for**



your calves.

# Deadlifts are good **for**



# your strength.

Resting  
is good **for**



recovery.

# Running is good **for**



# your lungs

(cardiovascular system).



Swimming  
is good **for**



*everything!*

Martial arts  
are good **for**



self defense.

# Back bridges are good **for**



# your neck

(and stretching one's back).

# *Performance Enhancing Drugs*

are not good **for**



your health!