

Name \_\_\_\_\_

Date \_\_\_\_\_

# Go Green, Go Exercise

## Discussion Sheet



Directions: Respond to the following questions, using what knowledge you may have on this topic, or your imagination to best describe your answer.

A. Discuss the similarities between recycling and exercise. Remember, recycling waste helps the environment, and recycling aspects of human functions (oxygen, blood, water) during exercise helps the body.

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B. Why is it important to recycle?

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C. Why is it important to exercise?

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