



## 6 Free Ways to Exercise

Answer the following questions about the infographic, '6 Free Ways to Exercise'.

1. Where can you go to run up and down bleachers?

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In what section did you find your answer? \_\_\_\_\_

2. The infographic mentions three types of videos you can find on Youtube. What are they?

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In what section did you find your answer? \_\_\_\_\_

3. A bottle of laundry detergent or a heavy book can help you do what?

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In what section did you find your answer? \_\_\_\_\_

4. What is '8fit' an example of?

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In what section did you find your answer? \_\_\_\_\_

5. If you are new to running, what small goal is recommended?

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In what section did you find your answer? \_\_\_\_\_

6. Where can you find more information about free classes in your community?

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In what section did you find your answer? \_\_\_\_\_

## Scanning Super Star Challenge!

1. How many green stars can you find on the infographic?	-
2. How many times can you find the word 'Exercise' on the infographic?	-
3. If you take all the numbers on the infographic and add them together, what is the answer?	-

