

1. How should Moby cool down after exercising?

- A. jog
- B. do jumping jacks
- C. jump rope
- D. walk

**4. The heart, lungs, and brain are all ORGANS.
What is an ORGAN?**

- A. an exercise you can do indoors
- B. a way to stay healthy
- C. a bone that goes up your back
- D. a body part that has a special job

2. What pumps blood through the body?

- A. the heart
- B. the lungs
- C. the brain
- D. the stomach

**5. Moby wants to exercise a little every day.
What can he do?**

- A. Join the math club and the science club.
- B. Run for class president.
- C. Ride his bike after school.
- D. Use the elevator instead of walking up the stairs.

3. Moby plays tag. He starts to feel hot and tired.**What should he do?**

- A. Keep playing tag.
- B. Take a rest and drink water.
- C. Run faster.
- D. Hold his breath.