Being active is good for me because

Are the following true or false circle or colour the correct answer

(TRUE) or FALSE

1. Activity is good for building strong bones   **TRUE or FALSE**

2. Being active improves concentration   **TRUE or FALSE**

3. Activity is good for improving balance   **TRUE or FALSE**

4. Being active helps you sleep   **TRUE or FALSE**

5. Being active makes you feel good   **TRUE or FALSE**

6. Activity helps build strong muscles   **TRUE or FALSE**