**Article 5**

Write a one page, handwritten paper describing benefits of exercise. You can write about how exercise can improve your lifestyle, the best exercises to do, how it helps you physically and mentally, etc. The article should have your name, class period, attendance coach, and the title of the article at the top of the paper. Your piece of paper needs to be a standard size like college or wide ruled paper. Do not skip lines in between each sentence and do not write in an abnormal size font. The entire front side of the paper should be filled with your response; you may use the back if needed. The article can be turned in during your PE class or you may take a picture of it and upload it to the Schoology. Points will be taken off if the paper is typed, not on topic, not a full page, and/or if it is late.

**Article 5 will be due on Friday, February 3.**