

Get Up and Go

VOCABULARY

Word	Student-friendly definition
care	The process of looking after someone, especially because of illness
exercise	Physical activities that you do to stay healthy
goal	Something that you hope to achieve in the future
lung	One of the two organs in your body that you breathe with
muscles	One of the pieces of flesh inside your body that you use to move
pumping	A machine for forcing liquid in or out of something
relaxing	Making you feel relaxed
shape	The form that something has
sleepy	Tired and ready to sleep
special	To not be ordinary or usual