

# Week 3 Exercise

Let's

The logo for 'Talk' features the word 'Talk' in a bold, black, sans-serif font. The letters are stylized with rounded ends and are set against a background of four overlapping speech bubble shapes. The top-left bubble is light blue, the top-right is orange, the bottom-left is purple, and the bottom-right is green. The letters 'T' and 'a' are positioned within the blue and purple bubbles respectively, while 'l' and 'k' are within the orange and green bubbles.

Name \_\_\_\_\_

What are the three different types of exercise?

Why is exercise a good things for us?

Draw different types of exercise.