

# Week 3 Exercise

Let's

The logo consists of four speech bubble shapes in blue, purple, orange, and green. The word 'Talk' is written in a white, lowercase, sans-serif font inside these bubbles. The 'T' is in blue, 'a' in purple, 'l' in orange, and 'k' in green.

Name \_\_\_\_\_

What are the three different types of exercise?

What is the difference between an active and sedentary life?

Create a guide on the importance of living an active life.