

ใบความรู้ที่ 10 เรื่อง Easy Exercises for Beginners  
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### Easy Exercises for Beginners

Starting to exercise might seem a bit scary at first, especially if you're new to it. But don't worry, there are some simple exercises you can do to get started and feel awesome! Here are a few exercises that are easy and fun to do.

#### Walking

Walking is super easy and you can do it almost anywhere. Just put on some comfy shoes and take a walk around your neighborhood or a nearby park. Start with a 20-30 minute walk every day and try to walk a little faster each time. Walking helps your heart, makes you feel happier, and reduces stress.

#### Squats

Squats are like sitting down and standing up, but they're great for making your legs stronger. Stand with your feet shoulder-width apart, then squat down like you're sitting in a chair, and stand back up. Try to do 2-3 sets of 10-15 squats. You can do squats in your room, no special equipment needed!

#### Push-Ups

Push-ups are awesome for making your arms and chest stronger. Start by lying on your tummy, put your hands flat on the floor under your shoulders, and push yourself up until your arms are straight. Then lower yourself back down. If regular push-ups are too hard, you can try them on your knees. Aim for 2-3 sets of 8-12 push-ups.

#### Planks

Planks are a cool way to make your tummy muscles stronger. Get into a push-up position but rest on your elbows and toes instead of your hands. Keep your body in a straight line like a plank of wood. Try to hold this position for 20-30 seconds. It's tough, but you can do it!

#### Lunges

Lunges are like taking a big step forward and then coming back. They help make your legs and bum stronger. Step forward with one foot, bend both knees until they make a 90-degree angle, then come back up. Repeat on the other side. Try to do 2-3 sets of 10-12 lunges on each leg.

So there you have it, some easy exercises to get you moving and feeling great! Remember to start slowly, take breaks when you need them, and have fun while you exercise. You'll be surprised at how awesome you'll feel after just a little bit of movement every day!