

Exercise diary

Monday	Dancing	30 minutes
Tuesday	Handball	1: 15 hour
Wednesday	Play for friends	1:30 hour
Thursday	Handball	1:30 hour
Friday	Dance	1 hour
Saturday	Handball match	1 hour

Do I get enough exercise ?



Every week I get, On Monday in my house I dance for 30 minutes and On Friday I dance for 1 hour. On Tuesday I have handball for 1:15 hour and I have handball for 1:15 hour. On Wednesday I play with my friends for 1:30 hour and On Saturdays I have handball match and I play for 1 hour
By Iraide Altuna.