

# Benefits of sport and exercise

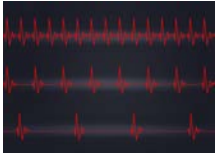


1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_



9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

Match the words and phrases to the pictures above:

traditional dance | patient | improve | escape  
 benefits | concentrate | muscles | heart goes faster  
 moods | express yourself | blood flow | lower stress

Choose the best answer.

1. Participating in \_\_\_\_\_ can improve your cultural awareness and understanding.

- A. team sports
- B. modern dance
- C. traditional dance

2. Playing sports can teach you to be more \_\_\_\_\_ and persistent.

- A. traditional
- B. patient
- C. benefits

3. Regular exercise can \_\_\_\_\_ your overall health and fitness.

- A. improve
- B. escape
- C. concentrate

4. Sports can provide a healthy \_\_\_\_\_ from the stress of daily life.

- A. traditional
- B. benefits
- C. escape

5. There are many \_\_\_\_\_ to playing sports, including better physical and mental health.

- A. patient
- B. benefits
- C. muscles

6. Playing sports can help you learn to \_\_\_\_\_ and focus your attention.

- A. lower stress
- B. express yourself
- C. concentrate

7. Sports can help you build strong \_\_\_\_\_ and improve your overall physical strength.

- A. benefits
- B. muscles
- C. moods

8. When you exercise, your \_\_\_\_\_, which is good for your overall cardiovascular health.

- A. heart goes faster
- B. blood flow
- C. lower stress

9. Engaging in physical activity can improve your \_\_\_\_\_ and overall sense of well-being.

- A. moods
- B. express yourself
- C. blood flow

10. Sports provide a great way to \_\_\_\_\_ through creativity and individuality.

- A. escape
- B. traditional
- C. express yourself

11. When you exercise, your \_\_\_\_\_ increases, which helps to improve your circulation.

- A. muscles
- B. benefits
- C. blood flow

12. Yoga can help you \_\_\_\_\_ and improve your overall mental health.

- A. lower stress
- B. escape
- C. get excited

## **Pictures**

1. improve
2. benefits
3. muscles
4. lower stress
5. heart goes faster
6. moods
7. express yourself
8. concentrate
9. blood flow
10. patient
11. escape
12. traditional dance

## **Multiple choice**

1. C. traditional dance
2. B. patient
3. A. improve
4. C. escape
5. B. benefits
6. C. concentrate
7. B. muscles
8. A. heart goes faster
9. A. moods
10. C. express yourself
11. C. blood flow
12. A. lower stress