

Benefits of sport and exercise

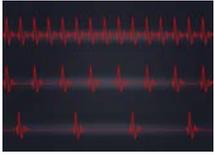


1. _____

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