

I'll Give it a Shot

1. Yoga

More than 15 million Americans _____ practice yoga. _____ing in India, yoga _____s to a _____ of _____ and _____ practices that are _____ related to Buddhist and Hindu _____. Traditional yoga focuses on _____, while fitness yoga focuses on learning new poses and positions to _____ the body. Practitioners of yoga have reported _____s in health, a _____ in stress and an improved level of _____.

mental	belief	meditation	refer	deeply
Originate	concentration	currently	increase	range
strengthen	physical	reduction	wide	

2. Tai Chi

An _____d 2.3 million Americans practice the Chinese _____ art and exercise known as tai chi. Developed _____ in ancient China, tai chi is a kind of "moving meditation" in which practitioners _____ move their bodies while focusing on their breathing. Tai chi _____s key _____ Chinese health _____s such as the _____ of life force and _____ within the body. Practitioners of tai chi _____ that the exercise improves _____, _____, balance and _____. Many claim that it also _____s sleep and _____.

balance	flexibility	concept	overall	martial
estimate	well-being	coordination	incorporate	claim
strength	flow	traditional	gently	improve

3. Qigong

Closely _____d to tai chi, qigong is another Asian exercise that is _____ing in _____ in the West, with around 500,000 practitioners in America. _____ to tai chi, qigong uses gentle movements and breathing techniques to strengthen the body and improve _____. Chinese historians _____ that people have been practicing qigong for more than 4,000 years. Qigong is also closely related to Traditional Chinese Medicine and is often used to treat arthritis, back pain, balance issues and _____.

estimate	popularity	stress	Similarly	circulation
relate	grow			