

**Learning Objectives:**

Students are able to:

- ⊙ Complete the close passage.

**Step to Success (S2S):**

- ❖ Read the passage at least twice.
- ❖ Answer with any suitable word.
- ❖ Refer to the shared text.

hiking	diseases	jogging	activity	playing	club	fat	park
increase	swimming	diary	important	routine	favourite	fun	many

Keeping Fit

It is very \_\_\_\_\_ to keep fit. If we do not keep fit we can become \_\_\_\_\_. People who exercise have less \_\_\_\_\_ than people who do not.

There are \_\_\_\_\_ ways we can exercise to keep fit. When we exercise we \_\_\_\_\_ our fitness level. Here are some ideas for exercise: \_\_\_\_\_, swimming, \_\_\_\_\_, \_\_\_\_\_ and biking. Which is your \_\_\_\_\_ exercise?

If we do the same \_\_\_\_\_ all the time we can get bored. It is a good idea to keep an exercise \_\_\_\_\_.

Where do you like to exercise? Is it at the \_\_\_\_\_? You can swim at the \_\_\_\_\_ pool, or you can join a sport's \_\_\_\_\_.

Whatever you do, make sure your \_\_\_\_\_ is \_\_\_\_\_.