



1. Read the text and fill in the gaps with the proper grammatical form of the capitalized words

Write in BLOCK CAPITALS without spaces between the words!!!  
(ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!  
без пробелов и знаков препинания!)

### Doing Exercise

Exercise and proper nutrition (1) \_\_\_\_\_ the key to (2) \_\_\_\_\_ a healthy body. Without both of these factors, we (3) \_\_\_\_\_ or (4) \_\_\_\_\_ very good.

It's good (5) \_\_\_\_\_ children to develop healthy habits and see why it's cool to be fit! Exercise (6) \_\_\_\_\_ your heart happy and your heart is one hard-working part, (7) \_\_\_\_\_ blood every day of your life. The heart is a muscle, and it's the (8) \_\_\_\_\_ muscle in your body but it's always looking to become even (9) \_\_\_\_\_ !

When you do aerobic exercise and bring in that oxygen, your heart becomes (10) \_\_\_\_\_ and even a bit (11) \_\_\_\_\_. The number of blood cells in your blood (12) \_\_\_\_\_, so the blood can carry even (13) \_\_\_\_\_ oxygen. The blood in your body even moves (14) \_\_\_\_\_ through the blood vessels than before the exercise.

Exercise makes your muscles (15) \_\_\_\_\_ a fine job when (16) \_\_\_\_\_ you use them for taking long bike rides or climbing a tree. Exercise makes you flexible. As people get (17) \_\_\_\_\_ they tend to get (18) \_\_\_\_\_, so that's why it's important to exercise when you're a kid. When you're flexible, you can be (19) \_\_\_\_\_ without having to worry about getting sprains. Exercise can make you feel (20) \_\_\_\_\_ about yourself, too.

**BE**  
**HAVE**  
**NOT FEEL (3)**  
**LOOK (4)**  
**TEACH (5)**  
**MAKE**  
**PUMP**  
**STRONG**  
**STRONG**  
**STRONG**  
**BIG**  
**INCREASE**  
**MUCH**  
**EASILY**  
**DO**  
**LATE**  
**OLD**  
**FLEXIBLE**  
**ACTIVE**  
**GOOD**

2. Read the text and fill in the gaps transforming the capitalized words.

<b>Doing Exercise</b>	
<i>(Continued)</i>	
<p>Your heart is a <b>(1)</b> _____ organ, the strongest muscle in your body. Since it can't lift <b>(2)</b> _____ to get stronger, it relies on you to do aerobic exercise. Aerobic exercise is any kind of <b>(3)</b> _____ that makes your muscles use oxygen. Aerobic exercise is <b>(4)</b> _____ : you do it over and over to keep bringing fresh oxygen to all of your muscles.</p>	<b>WORK</b> <b>WEIGH</b>
<p>Your body works more <b>(5)</b> _____ to keep you <b>(6)</b> _____ and you can do lots of exercise without getting worn out. As your muscles get stronger, they protect you from <b>(7)</b> _____ when you exercise. Exercise makes you flexible.</p>	<b>ACT</b> <b>REPEAT</b>
<p><b>(8)</b> _____ , it's easy to find things to do for good <b>(9)</b> _____ : yoga, dancing, karate, tae-kwon-do. When you exercise, your body can release chemicals that create a happy <b>(10)</b> _____ in your brain.</p>	<b>EFFICIENT</b> <b>HEALTH</b> <b>INJURE</b>
	<b>LUCK</b> <b>FLEXIBLE</b> <b>FEEL</b>

Click **FINISH** below

