

UNIT 2: NATURAL SCIENCE. VIDEO 6: THE BENEFITS OF PHYSICAL ACTIVITY.

Name:

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| 1 | In order to live a long and healthy life... | |
| A | You need to develop an active lifestyle. | |
| B | You need to develop an active lifestyle and to eat healthy foods. | |
| C | You need to eat healthy foods. | |
| 2 | One benefit of an active lifestyle... | |
| A | It keeps your heart and lungs strong and healthy. | |
| B | It keeps your heart healthy. | |
| C | It keeps your lungs strong. | |
| 3 | Another benefit... | |
| A | It develops your nails flexibility. | |
| B | It develops your finger flexibility. | |
| C | It develops your muscle flexibility. | |
| 4 | More benefits... | |
| A | It develops weak bones and it helps keep a healthy body weight. | |
| B | It develops strong bones and it helps keep a healthy body weight. | |
| C | It does not develop anything. | |
| 5 | Even more benefits... | |
| A | It lowers risks of several diseases, it improves mood and you do better at school. | |
| B | It lowers risks of several diseases, it improves mood and you do worse at school. | |
| C | It raises risks of several diseases, it improves mood and you do better at school. | |