

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

**Name:**

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