

ESL 4 Health – Home Exercise: Listening

Click play to listen. Then listen again and fill in the missing words.

_____ Out From _____: 5 Simple _____

Regular _____ is _____ while working and studying from _____. It helps your _____ and _____ stay in _____. You _____ need a _____ to _____ in shape. Here are _____ great _____ you can easily do _____ home _____ equipment.

1. _____ up:
_____ with some _____ jacks. _____ minutes would be great.

2. _____:
_____ are _____ to do and _____. A few _____ would be great.

3. _____ body:
_____ are a great lower body _____. Do _____ of squats.

4. _____ body:
Punching is great for _____ and _____. Make sure you _____ around.

5. _____:
Wind _____ with 3 minutes of _____. Some _____ moves would be amazing, too.

_____ minutes is all you need. A _____ and evening _____ would help you stay _____ and _____. You can also squeeze in these _____ into your work day. Take _____ breaks from your work for a mini-_____. Do you have any other workout suggestions?

Now click play to watch the video. Then you can click Finish to check your answers.