

 Choose the correct word or phrase to complete the sentences.

- 1 You need a lot of **flexibility** / **stamina** / **moderate exercise** to be able to finish a marathon. They take a long time to run!
- 2 It's important to do some **aerobic** / **low-impact** / **stamina** exercise because it makes your heart beat faster.
- 3 **Strength** / **Flexibility** / **Low-impact** training doesn't have to mean hours lifting weights – you can build muscle using your own body weight at home.
- 4 An example of **aerobic** / **high-impact** / **low-impact** training is yoga, which is gentle but strengthening.
- 5 I do **moderate** / **vigorous** / **stamina** exercise every day, just a 20-minute walk around the park.
- 6 **High-impact** / **Flexibility** / **Strength** exercise includes things like running and ball sports, such as football or tennis.