# Physical Education & Fitness

## Fill-in-the-Blank

Fill in each blank with a word from the list.

| | |
|---|---|
| **aerobic activity** | **heart rate** |
| **diet** | **lifestyle** |
| **exercise** | **nutrition** |
| **fitness** | **recreation** |
| **healthy** | **weight** |

1. For children to be healthy, they need to have good _____.
2. _____ is specifically designed to strengthen your heart.
3. Help keep your heart strong by increasing your _____ when you exercise.
4. Physical _____ is achieved by eating healthy foods and exercising.
5. The nurse wrote her _____ on the chart.
6. When you are not sick, you are _____.
7. It is good to _____ at least three times a week.
8. To lead an active _____, do some kind of physical activity every day.
9. Jake likes to play golf for _____.
10. It is important to have a variety of foods in your _____.


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