

## I'll Give it a Shot

### 1. Yoga

More than 15 million Americans \_\_\_\_\_ practice yoga. \_\_\_\_\_ing in India, yoga \_\_\_\_\_s to a \_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_ practices that are \_\_\_\_\_ related to Buddhist and Hindu \_\_\_\_\_s. Traditional yoga focuses on \_\_\_\_\_, while fitness yoga focuses on learning new poses and positions to \_\_\_\_\_ the body. Practitioners of yoga have reported \_\_\_\_\_s in health, a \_\_\_\_\_ in stress and an improved level of \_\_\_\_\_.

mental	belief	meditation	refer	deeply
Originate	concentration	currently	increase	range
strengthen	physical	reduction	wide	

### 2. Tai Chi

An \_\_\_\_\_d 2.3 million Americans practice the Chinese \_\_\_\_\_ art and exercise known as tai chi. Developed \_\_\_\_\_ in ancient China, tai chi is a kind of "moving meditation" in which practitioners \_\_\_\_\_ move their bodies while focusing on their breathing. Tai chi \_\_\_\_\_s key \_\_\_\_\_ Chinese health \_\_\_\_\_s such as the \_\_\_\_\_ of life force and \_\_\_\_\_ within the body. Practitioners of tai chi \_\_\_\_\_ that the exercise improves \_\_\_\_\_, \_\_\_\_\_, balance and \_\_\_\_\_. Many claim that it also \_\_\_\_\_s sleep and \_\_\_\_\_.

balance	flexibility	concept	overall	martial
estimate	well-being	coordination	incorporate	claim
strength	flow	traditional	gently	improve

### 3. Qigong

Closely \_\_\_\_\_d to tai chi, qigong is another Asian exercise that is \_\_\_\_\_ing in \_\_\_\_\_ in the West, with around 500,000 practitioners in America. \_\_\_\_\_ to tai chi, qigong uses gentle movements and breathing techniques to strengthen the body and improve \_\_\_\_\_. Chinese historians \_\_\_\_\_ that people have been practicing qigong for more than 4,000 years. Qigong is also closely related to Traditional Chinese Medicine and is often used to treat arthritis, back pain, balance issues and \_\_\_\_\_.

estimate	popularity	stress	Similarly	circulation
relate	grow			