

The Benefits of Exercise

Working full-time can be a very (0) experience for most people; long hours and the pressure to be (1) in a (2) society both contribute to the build-up of anxiety. If you're feeling (3), there's no better way to relax than to exercise. However, many people return from work too (4) to move. People are criticised for being lazy and (5), and for watching too much television which is not (6) to our health. Taking regular exercise can be both relaxing and (7) and people who feel healthy often also feel more (8) You don't need to be especially (9) to take up a sport; simply choose one that is (10) to your character.

STRESS
SUCCESS
COMPETE
NERVE

EXHAUST
ACTIVE
BENEFIT

PLEASURE
CONFIDENCE
ENERGY
SUIT

0	<i>stressful</i>	0
1		1
2		2
3		3
4		4
5		5
6		6
7		7
8		8
9		9
10		10