

Cut and paste each phrase on the correct list.

Ways to get exercise:

Ways to get rest:



A. lie on a bed
C. read a book
E. lift some weights
G. take a walk
I. color a picture
K. lie on a hammock

B. ride a bike
D. run a race
F. watch television
H. jog down the street
J. sit in a chair
L. go roller skating