

Listening Quiz



Name: _____

Listening

1 Listen and mark (✓) the statements that are mentioned. SB 36



1. Strength training is the most important type of exercise for preteens.
2. Twelve-year-olds need both cardiovascular exercise and strength training.
3. Preteens need to do 30-minute cardio workouts at least three times a week.
4. Swimming and running are good options for cardiovascular exercise.
5. Hiking in the mountains will help you improve leg strength.
6. While you are growing, you need to do strength training.
7. Squats and push-ups can help you get stronger.
8. Setting a goal doesn't help at all.
9. Taking part in competitions is more important than getting fit.
10. The last tip is to choose something that's fun and that you enjoy doing.