My active lifestyle challenge

Life Vision Upper Intermediate Plus

Liveworksheets Activity

Name: _____

Class: _____ Date: _____

Word bank

couch potato · work up a sweat · let off steam · maintain your physical health · stretch your muscles · increase your heart rate · fit in with your daily routine · keep at it

Complete the sentences using the word bank above:

1. I usually _____ before doing exercise.
2. Running can help you _____.
3. Playing sports is a good way to _____ after a stressful day.
4. You should exercise regularly to _____.
5. A person who spends too much time sitting and watching TV is a _____.
6. Dancing and running can help you _____.
7. Choose activities that _____.
8. Exercise regularly and _____ even when it is difficult.

LIVEWORKSHEETS