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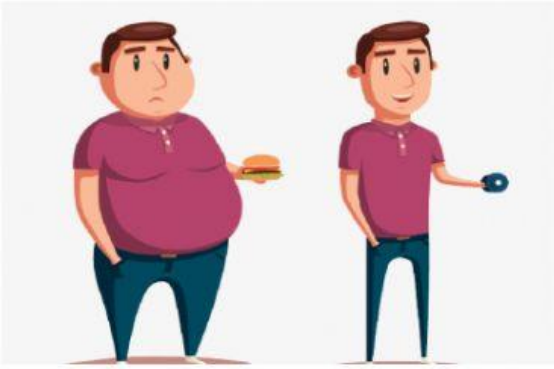

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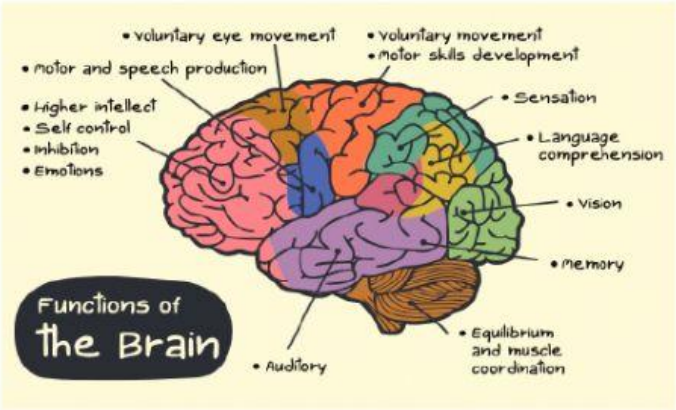

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LIVEWORKSHEETS

Match the vocabulary words with the right pictures and then, complete the sentences.

Improve cognitive and memory functions
Manage emotions
Release the pent - up energy
Reduce blood sugar level
Boost your mood and attitude
Increase cardiovascular fitness
Reduce risk of obesity
Develop self-confidence and self-esteem

- Playing a sport is a great way for children to take a break from academics and .....
- Lots of people need to work hard to believe in themselves and ..... .
- If you don't talk to him, I'll tell on him to our boss. He needs some therapy to know how to .....
- If you want to know how our brain works and ..... on your students, you have to study Neuroeducation.
- Why don't you stop talking and go to see a nutritionist to suggest how you can .....
- There's no point in doing some exercise to ..... if you keep eating lots of sweets and chocolate.
- Teamwork in sports offers lots of opportunities to increase social skills and .....
- Although elderly people aren't able to practice sports, many cardiologists suggest ways to help them .....

LIVEWORKSHEETS