

- 1 Eight ..... are going to do some household jobs indoors and outdoors.
- 2 Activity monitors will measure the ..... they use.
- 3 Dr Andy Blannin is an .....
- 4 He will give each activity a MET (Metabolic Equivalent of Task) .....
- 5 A score of more than ..... shows that the activity is good enough to call it exercise.