



What are the benefits of being fit?

Listen to a Sioux Falls fitness expert talking about the benefits of being fit and choose the best option to complete the sentences.

- 1- The fitness expert is giving information about :
 - a) the external benefits you get from being fit
 - b) the internal benefits you get from being fit.
- 2- According to him, the majority of people who decide to go to the gym want to change :
 - a) their physical appearance
 - b) their stress levels
- 3- If you exercise, you'll certainly get more:
 - a) external than internal benefits
 - b) internal than external benefits.
- 4- When you move more and you put quality nutrition to your body:
 - a) your muscles boost
 - b) your energy level increases
- 5- When you exercise:
 - a) you start thinking clearly and making better choices
 - b) you start thinking clearly and you feel like playing sports and eating food supplements
- 6- When you exercise, your body releases endorphine and:
 - a) you feel like doing things all the time and eating healthy food
 - b) you feel like a completely different person and your mood goes up
- 7- Another benefit is that by exercising
 - a) you reduce your stress levels and you sleep better, you think clearly and make better choices
 - b) you can solve all your problems, you improve your habits and your mind feels more relaxed.
- 8- As a whole, when you exercise:
 - a) you become more energetic, you release endorphines and you reduce your stress levels.
 - b) your muscles get bigger, you look more appealing and you attract good things to your life
- 9- A perfect fitness plan consists of:
 - a) good nutrition, weight lifting and cardiovascular when training and having a coach to help you.
 - b) good nutrition, supplementation, resistance training, cardiovascular training and having a coach
- 10- In case we need extra help, we can:
 - a) learn more in their Sioux Falls Facebook Page and fill out a low cost consultation fitness plan

