

UNIT 2: NATURAL SCIENCE. VIDEO 6: THE BENEFITS OF PHYSICAL ACTIVITY.

Name:

1	In order to live a long and healthy life...	
A	You need to develop an active lifestyle.	
B	You need to develop an active lifestyle and to eat healthy foods.	
C	You need to eat healthy foods.	
2	One benefit of an active lifestyle...	
A	It keeps your heart and lungs strong and healthy.	
B	It keeps your heart healthy.	
C	It keeps your lungs strong.	
3	Another benefit...	
A	It develops your nails flexibility.	
B	It develops your finger flexibility.	
C	It develops your muscle flexibility.	
4	More benefits...	
A	It develops weak bones and it helps keep a healthy body weight.	
B	It develops strong bones and it helps keep a healthy body weight.	
C	It does not develop anything.	
5	Even more benefits...	
A	It lowers risks of several diseases, it improves mood and you do better at school.	
B	It lowers risks of several diseases, it improves mood and you do worse at school.	
C	It raises risks of several diseases, it improves mood and you do better at school.	