

NAME : _____

CLASS : _____

A. USE SOME OF THE FOLLOWING VOCABULARY TO COMPLETE THE CLUMPED TEXT INTO A COMPLETE TEXT.

Exercise	But	In	Tennis
Through	Classes	Levels	That
Achieving	Creates	Meet	The
Activity	Cycling	Not	Their
All	Enhances	Of	Walking
Alleviate	Function	Only	Way
An	Health	Or	Ways
Aspect	Healthy	Someone	
Benefits	Impact	Stress	
Blood	Important	Such	

The Benefits of Exercise

_____ is an essential part _____ a healthy lifestyle. The _____ of exercise are not _____ limited to physical health _____ also have a positive _____ on mental well-being. When _____ engages in physical activities _____ as running, swimming, or _____, the body experiences increased _____ circulation and improved heart _____. This helps maintain a _____ weight and boosts energy _____.

Moreover, exercise can reduce _____ and anxiety. During exercise, _____ body releases endorphins, hormones _____ can enhance mood and _____ stress. Physical activity also _____ focus and concentration, helping _____ individual become more productive _____ work or daily activities. _____ is also an effective _____ to build social relationships. _____ participation in sports teams _____ fitness groups, one can _____ new people and build _____ positive social network. This _____ only enhances the social _____ of life but also _____ support and motivation in _____ personal health goals.

With _____ these benefits, it is _____ for everyone to find _____ to incorporate exercise into _____ daily routines. Whether it's _____ in the park, playing _____, or participating in fitness _____, every form of physical _____ contributes positively to overall _____.

B. DETERMINE WHICH STATEMENTS ARE TRUE OR FALSE ACCORDING TO THE TEXT.

1. Regular exercise can only benefit physical health, not mental well-being.
2. Engaging in physical activities like running or cycling can improve heart function.
3. Exercise has no impact on stress levels or anxiety.
4. Endorphins released during exercise can worsen mood and increase stress.
5. Exercise can enhance focus and concentration, making individuals less productive.
6. Participation in sports teams or fitness groups does not contribute to building social relationships.
7. Walking in the park is not considered a form of exercise.
8. Playing tennis can negatively affect overall health.
9. Fitness classes have no positive impact on personal health goals.
10. It is unnecessary for everyone to incorporate exercise into their daily routines.

C. Identify key information from the text, such as the benefits of physical exercise for physical and mental health.

- a. What are the benefits of exercising mentioned in the text?
- b. How can exercise help in maintaining weight and boosting energy levels?
- c. What happens to the body during exercise that can help reduce stress and anxiety?
- d. Why is exercise considered an effective way to build social relationships?
- e. Why is it important for everyone to find ways to incorporate exercise into their daily routines?

D. Listen to the following audio and complete the text below.

The Advantages of Physical _____

Physical exercise plays _____ crucial role in maintaining _____ well-balanced lifestyle. Its advantages _____ beyond just physical health, _____ it also greatly influences _____ well-being-. Engaging in activities _____ jogging, swimming, or biking _____ to enhanced blood circulation _____ improved cardiovascular function, contributing _____ weight management and increased _____.

Furthermore, exercise serves _____ a potent stress and _____ reducer. While working out, _____ body releases endorphins, hormones _____ for their mood-boosting and _____ properties. Additionally, physical activity _____ improved focus and concentration, _____ heightened productivity in both _____ and daily pursuits. It _____ serves as an avenue _____ nurturing social connections. Participation _____ sports teams or fitness _____ allows individuals to forge _____ friendships and establish a _____ social circle, thereby enhancing _____ the social and motivational _____ of life and aiding _____ the pursuit of personal _____ objectives.

Given these _____ benefits, it is imperative _____ individuals to integrate exercise _____ their daily regimens. Whether _____ involves strolling in the _____, engaging in a game _____ tennis, or attending fitness _____, each form of physical _____ contributes positively to overall _____.