

## ESL 4 Health – Home Exercise: Listening

Click play to listen. Then listen again and fill in the missing words.

### \_\_\_\_\_ Out From \_\_\_\_\_: 5 Simple \_\_\_\_\_

Regular \_\_\_\_\_ is \_\_\_\_\_ while working and studying from \_\_\_\_\_. It helps your \_\_\_\_\_ and \_\_\_\_\_ stay in \_\_\_\_\_. You \_\_\_\_\_ need a \_\_\_\_\_ to \_\_\_\_\_ in shape. Here are \_\_\_\_\_ great \_\_\_\_\_ you can easily do \_\_\_\_\_ home \_\_\_\_\_ equipment.

1. \_\_\_\_\_ up:  
\_\_\_\_\_ with some \_\_\_\_\_ jacks. \_\_\_\_\_ minutes would be great.

2. \_\_\_\_\_:  
\_\_\_\_\_ are \_\_\_\_\_ to do and \_\_\_\_\_. A few \_\_\_\_\_ would be great.

3. \_\_\_\_\_ body:  
\_\_\_\_\_ are a great lower body \_\_\_\_\_. Do \_\_\_\_\_ of squats.

4. \_\_\_\_\_ body:  
Punching is great for \_\_\_\_\_ and \_\_\_\_\_. Make sure you \_\_\_\_\_ around.

5. \_\_\_\_\_:  
Wind \_\_\_\_\_ with 3 minutes of \_\_\_\_\_. Some \_\_\_\_\_ moves would be amazing, too.

\_\_\_\_\_ minutes is all you need. A \_\_\_\_\_ and evening \_\_\_\_\_ would help you stay \_\_\_\_\_ and \_\_\_\_\_. You can also squeeze in these \_\_\_\_\_ into your work day. Take \_\_\_\_\_ breaks from your work for a mini-\_\_\_\_\_. Do you have any other workout suggestions?

Now click play to watch the video. Then you can click Finish to check your answers.