

PHYSICAL ACTIVITY

1. Label the pictures.

A



B



C



D



E



F



G



H



I



..... Do yoga

..... Run

..... Go to the gym

..... Ride a bicycle

..... Swim

..... Walk

..... Dance

..... Play soccer

..... Garden

2. Watch the video. Which of these habits can you identify? Write YES or NO.



<https://youtu.be/hTMbOlbzuy4>



..... Use of cell phone

..... Dance

..... Eat vegetables

..... Run

..... Sleep

3. Staying Active at Every Age Complete with: TEENS / SENIORS / CHILDREN / ADULTS.

Playing tag Playing on the playground Shooting hoops	Team sports at school Riding bikes with friends Walking the dog	Group sports such as racquetball or tennis Joining the gym Yoga Weight training	Maintaining balance Water aerobics Stretching Light weights

3. Read and complete with: MENTAL / DIABETES / GOOD / REDUCES.

Exercise is for you no matter how old you are. It your risk of getting many diseases, such as cancer, heart disease, and It also reduces stress, helps you sleep better, and improves health.