

Section 4: Cloze Activity

Directions: Fill in the blanks with vocabulary words from the Reading Passage. There is a word box below. First try filling in the blanks without using the word box.

Physical Activity

Preventive health care means more than getting _____ by a
1
doctor and a dentist. It also means making good decisions about your health. To make good health decisions, you should know how much physical activity you need and what kind of
2
_____ you can do to help your body stay healthy.

_____ is also doing physical activity to stay healthy. Healthy
3
physical activity makes your heart, bones, and _____ strong. It also makes your
4
_____, such as knees and shoulders, stay strong.
5

Physical activity helps you to _____. That means you can stay at
6
a healthy weight month after month. Physical activity also helps you _____
7
_____, and that makes you sleep better because you are more relaxed. In some cases, physical activity can reduce risk of diseases, such as diabetes and _____
8
_____. You can also _____
9
of diseases such as heart disease with physical activities.

Health professionals say that you should have 30 minutes or more of moderate physical activity most days. _____ is a mix of how hard you are
10
working when you do the activity, how long you do the activity, and how often you do the activity.

You don't need to spend much money to do physical activity. Community centers and park districts have free or _____ activities.
11

Physical Activity, continued

Moderate physical activity can be cardiovascular or strength/resistance training. _____
12

activities make your heart work harder and better. For these activities, you can walk, run, climb stairs,
and ride bikes. _____/_____ activities use your body or weights to make your
13

muscles stronger. For these activities, you can work with weights such as barbells or food cans. Health
professionals say that you should do both kinds of moderate physical activity.

Health professionals also say that you should set up a plan for physical activity. If you have a serious
_____, it is a good idea to call your _____ about
14 15

your plan before you start your physical activity

Sometimes you may feel sore/soreness after physical activity. Some _____ is
16

okay, but if you feel pain, you should stop the activity and talk to a health professional.

Word Box

strength/resistance

control weight

regular checkups

soreness

lower stress

moderate physical activity

physical activity

joints

reduce the risk

health problem

preventive care

low-cost

high blood pressure

cardiovascular

doctor

muscles

Section 4: Cloze Activity Answer Key

Directions: Fill in the blanks with vocabulary words from the Reading Passage. There is a word box below. First try filling in the blanks without using the word box.

Physical Activity

Preventive health care means more than getting **regular checkups** by a doctor and a dentist. It also means making good decisions about your health. To make good health decisions, you should know how much physical activity you need and what kind of **physical activity** you can do to help your body stay healthy.

Preventive care is also doing physical activity to stay healthy. Healthy physical activity makes your heart, bones, and **muscles** strong. It also makes your **joints**, such as knees and shoulders, stay strong.

Physical activity helps you to **control weight**. That means you can stay at a healthy weight month after month. Physical activity also helps you **lower stress**, and that makes you sleep better because you are more relaxed. In some cases, physical activity can reduce risk of diseases, such as diabetes and **high blood pressure**. You can also **reduce the risk** of diseases such as heart disease with physical activities.

Health professionals say that you should have 30 minutes or more of moderate physical activity most days. **Moderate physical activity** is a mix of how hard you are working when you do the activity, how long you do the activity, and how often you do the activity.

You don't need to spend much money to do physical activity. Community centers and park districts have free or **low-cost** activities.

Moderate physical activity can be cardiovascular or strength/resistance training. **Cardiovascular** activities make your heart work harder and better. For these activities, you can walk, run, climb stairs, and ride bikes. **Strength/resistance** activities use your body or weights to make your muscles stronger. For these activities, you can work with weights such as barbells or food cans. Health professionals say that you should do both kinds of moderate physical activity.

Health professionals also say that you should set up a plan for physical activity. If you have a serious **health problem**, it is a good idea to call your **doctor** about your plan before you start your physical activity.

Sometimes you may feel sore/soreness after physical activity. Some **soreness** is okay, but if you feel pain, you should stop the activity and talk to a health professional.
